



THE OVERALL FITNESS



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DIET PLAN FOR NAVRATRI FAST

After Rise- 2-3 glasses of Luke warm water (add 1 lemon)

After 30-45 minutes- 8-10 soaked almonds + Cup of green tea

Breakfast- 300-350 gm Papaya + Glass of skimmed milk (without sugar)

Lunch- 1 bowl of Fruit Raita + Cup of carrots & 2 cups of cucumber

Evening snack- Cup of green tea

Or milk tea (without sugar)

Or Coconut water

+ 5 cashews, 5 walnuts (half of one)

Dinner- Sabudana Vada (1-2 fried Sabudana tikki, 200 ml curd, half pomegranate)

Before bedtime- Glass of skimmed milk (without sugar)

Total calories- 1000-1150 | Water intake- 10-14 glasses a day

Designed By : Prem Tiwari (Nutritionist)

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