

# One-day Diet Plan

On waking up



1 glass of hot water with lime or amla



DIET TIPS PRO

Morning



1 cup of ginger tea and almonds (soak it overnight)

Breakfast



1 glass of fresh vegetable juice + whole egg or egg whites with salad or veg stuffed paratha

Lunch



2 rotis or 1 cup brown rice + 1 bowl of cooked vegetable + 1 bowl raw/steamed salad + dal or grilled fish or chicken

Tea time (4 pm)



1 cup of green tea + any dry fruit or sprouts bhel or fresh fruit (any)

Dinner



Same as lunch

[www.dietspro.com](http://www.dietspro.com)

# One Day Diet 8 Hours Diet Summary Bonus Book

**Jessica J Manson**



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