

❄️ Winter Season Diet Plan (Oct–Dec 2025)

🌅 Morning Routine

⌚ 5–6 AM — Wake up

1 glass lukewarm water – Slim Tea or Afresh (Empty stomach)

Sometimes take Amla or Aloe Vera Juice for detox & skin health

🏃 (6–7 or 7–8 AM – Workout time)

🕒 Breakfast (8:00–8:30 AM)

✓ Option 1: Oats with berries or raisins + 1 Apple 🍏

✓ Option 2: Poha with veggies + handful roasted peanuts

✓ Option 3 (Quick option): 5 Almonds/Cashews or 2 Walnuts + 1 cup Light Coffee ☕

🕒 Mid-Morning Snack (10:30–11:00 AM)

Choose any one:

1. 🍌 Hunger Bar (for energy, fiber, and protein)

2. Buttermilk

3. Sugarcane juice with lemon/ginger (not daily)

🍽️ Lunch (1:00–1:30 PM)

💊 30 min before lunch: Take Slim Trim Tablet

🍽️ Balanced Winter Lunch:

1 bowl Brown rice / Millet khichdi / 1–2 multigrain chapatis

1 bowl Dal / Rajma / Chana curry / Paneer bhurji

1 bowl Mixed salad (carrot, beetroot, cucumber, spinach)

1 cup Curd / Buttermilk (optional)

● Drink water as per need

☕ Evening (3–4 PM)

Slim Tea (Empty Stomach)

🍪 Evening Snack (4–5 PM)

Choose any one combo:

1. Protein Bhujia (30g) + ½ Healthy Cookie 🍪

2. Dry fruit mix (almonds, walnuts, oats, pumpkin seeds) + Buttermilk after 20 min

3. Hunger Bar

4. Methi Thepla with Yogurt

5. Sprouts Chat (lemon, tomato, light salt/spices)

6. Dark Chocolate (20–30g max) 🍫

🕒 Dinner (7:30–8:00 PM)

🕒 30 min before dinner: Take Slim Trim Tablet

🕒 Take Daily Multivitamin or Women Care Tablet after Dinner (if available)

🍽️ Options:

1. Healthy Vegetable Soup

2. Vegetable Dalia / Khichdi (light & warm) + Lauki sabzi + 1 tsp Ghee (if suits)

3. Besan or Moong Dal Chilla (if you need heavier dinner)

4. Roasted Chana + Soup (if late or tired)

🔥 Points to Remember for Better Results

- ✓ Stay well hydrated (2.5–3L/day)
- ✓ Eat fiber & protein-rich foods
- ✓ Prefer home-cooked meals
- ✓ Maintain proper sleep schedule
- ✓ Stay active daily (light to moderate workout)

📊 Approximate Daily Nutrient Balance

Calories: 1300–1500 kcal

Protein: 65–80 g

Carbs: 120–140 g (mostly complex)

Fats: 35–45 g (healthy fats only)

Micros: Vitamins C, A, Iron, Magnesium, Zinc (from fruits, veggies, seeds)

♥ Team Healthy Wealthy