

Healthy Wealthy

Morning Routine

5/6 AM — Wake up

1 glass lukewarm water + 2 Pinch Dalchini + 2 pinch Turmeric + Awla juice (take break 15 Min) Slim Tea or Afresh (Empty Stomach) sometimes Must take aloevra Juice

(6/7 or 7/8 - Workout)

Breakfast (8:00–8:30 AM)

 Option 1 –  Protein Shake (2 Formula 1 + 1 protein + 1 Shakemate)

Option 2  ABC Juice Apple + Beetroot+ carotte

 Option 3 – Poha with veggies + handful roasted peanuts

 Option 4 - Dryfruits (5 Almonds/ Cashew or 2 walnuts /sunflower seeds/ Pumpkin seeds) In soaked Form

Mid-Morning Snack (10:30–11:00 AM)

Apple papaya berries, Gava Antioxidant Food

Choose any one:

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

2. Butter milk

 *Lunch (1:00–1:30 PM)*

 30 min before lunch: Take Slim Trim Tablet

 Balanced Winter Lunch:

1. 1 bowl Brown rice / Millet khichdi / 1-2 chapati (multigrain)
2. Green leafy vegetables (palak, methi)
3. Lauki, tori, bhindi, broccoli, cauliflower

Salad (cucumber, carrot, beet , Tomato,)

1 bowl Dal or Rajma / Chana curry / Paneer bhurji

1 cup Curd / Buttermilk (optional)

Evening (3/4 pm)

◆ Slim Tea (Empty Stomach)

Choose any one combo:

1. Protein Bhujia (30g) + 1/2 Healthy Cookies* 

2. Dryfruit mix (almonds, walnuts, oats, pumpkin seeds) 20 Min later Butter milk

3. Hunger bar 1

4. Methi thepla With Yogurt

5. Sprouts chat (add Lemon + Slat + Tomato) In limit the spices

6. Dark chocolate* 20/30 gm max

 *Dinner (7:30–8:00 PM)* (Take Your Daily Multivitamin or Women Care Tablet If available)

 30 min before dinner: Take Slim Trim Tablet

 Option 1 – Healthy Vegetable soup

 Option 2 – Vegetable Dalia / Khichdi (light & warm) (With Lauki sabzi) must add Ghee if suits 1 spoon

 Option 3 – Herbalife Shake (if late or tired) + roasted chana

Option 4 - (need heavy if) Besan or moong dal chilla with

PCOD (Polycystic Ovarian Disease)

Ek hormonal condition hai jisme ovaries ande (eggs) properly release nahi kar paati,

Jiske wajah se hormonal imbalance, irregular periods aur weight gain hota hai.

Points To Remember For better results

- PCOD Guidelines 
- Regular meals, long gap nahi
- Low GI carbs, quantity control
- Har meal me protein

- Fiber & veggies zyada
- Sugar, maida, junk avoid
- Daily walk + strength training
- Proper sleep & stress control

Water intake more

Avoid outside make healthy home cooked food as possible

Sleep well most important

Little active or workout

Macro & Micro Balance (Approx per day)

Calories: 1300–1500 kcal (ideal for weight loss)

Protein: 65–80 g

Carbs: 120–140 g (mostly complex)

Fats: 35–45 g (healthy fats only)

Micros: Vitamin C, A, iron, magnesium, zinc (from fruits, veggies & seeds)

- Team ❤️

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