

14-DAY DIWALI GLOW UP PLAN

Get Festive-Ready in Just 2 Weeks!



MEET YOUR NUTRITIONIST

My name is Shitija, and I am the founder and creative mind behind Fit Chef, a page dedicated to nutrition, health, and happy, nourishing recipes. With extensive experience in both nutrition and as a chef, I am devoted to inspiring you to cook at home rather than ordering out, helping you take control of your family's health and well-being. I am a health and wellness advocate with 5 years of experience and have helped 500+ clients across the world reach their goals with simple, sustainable, and delicious health plans tailored to their lifestyle.

My 14-day Diwali glow up plan is designed to help you feel your best this Diwali by shedding excess weight, inches, reducing bloating, and boosting your energy. With a love for healthy living and the Indian palate, I bring you a plan that fits perfectly into your festive preparations. Let's get you glowing!

Please Note: This nutrition plan is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Please consult with a healthcare provider before making any significant changes to your diet, especially if you have pre-existing medical conditions.



- Shitija

WHY THIS PLAN?

Diwali is around the corner, and with all the indulgences that come with it, feeling your best can seem daunting. This plan is designed to help you shed those extra kilos, reduce bloating, and feel light and energetic, all while enjoying the flavors of healthy, wholesome meals.

Over the next 14 days, you'll follow a simple, delicious meal plan that supports your goals—whether it's losing a few pounds or simply feeling more confident. The best part? These meals are quick, accessible, and don't require any exotic ingredients. So, get ready to glow this Diwali!

Start Your Day with 500ml of Room Temperature Water + Lemon + Pink Himalayan Salt

This is a simple routine that can help rehydrate your body, aid in detoxification, and promote better digestion.

WHY YOU SHOULD DO THIS:

Hydration:

This drink rehydrates your body after a night of fasting and kick-starts your metabolism.

Detox:

Lemon aids in detoxification by flushing out toxins, while pink Himalayan salt provides essential minerals that help restore electrolyte balance.

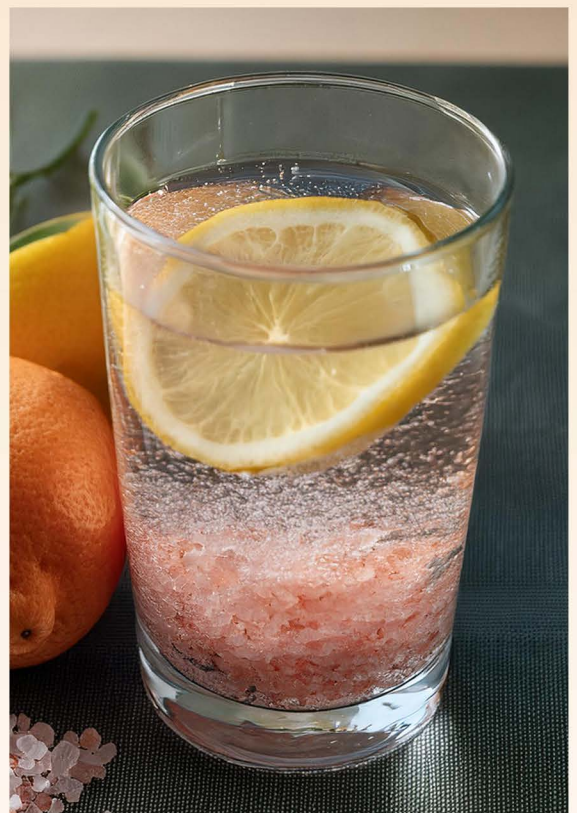
Digestion:

It stimulates digestion and improves nutrient absorption throughout the day.

Alternative:

If you don't have Pink Himalayan salt, you can use a pinch of regular rock salt. If lemons aren't available, lime juice works equally well.

This structured routine is an effective way to start your day, promoting hydration, digestion, and energy balance naturally.



FOODS TO AVOID FOR MAXIMUM RESULTS

To help your body reset and reduce bloating, avoid the following foods during the 14-day plan:

Grains: Wheat, Bread, Maida

Legumes: Kidney Beans, Peas, Lentils

Nightshade Vegetables: Potatoes, Eggplant

Dairy: Milk

Processed Foods: Packaged snacks, Processed sugar

Sugars: Avoid all added sugars

Alcohol & Coffee: Eliminate alcohol and coffee during the cleanse

Substitutes:

Grains: Use rice, Quinoa, Poha, Upma

Milk: Swap dairy milk with coconut milk

Coffee: Replace with green tea or herbal teas



FOODS YOU CAN EAT



- Vegetables (except for nightshades)
- Cucumber / Zucchini/ Tomato to be had without seeds
- Sweet Potato
- Poultry and seafood
- Black eyed peas
- Eggs
- Paneer / Tofu
- Greek Yoghurt
- Coconut (oil, milk, flour, coconut yogurt)
- Non-dairy fermented foods (kombucha)
- Bone broth
- Teas (green, black)
- Oils (olive oil, avocado oil, ghee)
- Herbs (not from seeds)
- Vinegars
- Natural sweeteners (maple syrup, honey)
- Fresh fruit*

WEEKLY PLAN

WEEK 1

Day 1

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 fruit (apple/orange/pomegranate/pear/musk melon) with Greek yogurt + flax seeds + cinnamon

Lunch:

Choice of cauliflower/broccoli mash or soup + protein (75g chicken tikka/grilled chicken/100g butter tossed prawns) + Salad or veggies

Afternoon Snack:

Protein shake or sattu buttermilk

Dinner:

A bowl of tomato soup with a bit of salt and pepper with grilled chicken / eggs/ high protein Amul paneer / tofu

Day 2

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup plain Greek yogurt, a handful of any or mixed berries (strawberries, blueberries, raspberries), and a drizzle of honey (optional).

Lunch:

Quinoa salad with vegetables and choice of protein

Ingredients:

Cooked quinoa, chopped cucumber, tomatoes, bell peppers, onion, lemon juice, salt, and pepper.

Afternoon Snack:

Roasted makhana (Fox Nuts) + green tea + 2 to 3 walnuts

Dinner:

Bone/chicken broth/clear soup + veggies + $\frac{1}{3}$ rd cup rice noodles + protein (chicken/fish/eggs/paneer/tofu). Add veggies, protein and noodles to the soup eat as a one pot meal



Day 3

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1/3rd cup poha with veggies+ homemade green chutney mixed in a bowl of greek yogurt

Lunch:

Vegetable khichdi (add little rice & lot of veggies) + Greek yoghurt or boiled eggs

Afternoon Snack:

Sprouted moong salad with chopped cucumber, tomatoes, and a squeeze of lemon juice.

Dinner:

Paneer tikka with grilled vegetables or grilled chicken with steamed veggies

Day 4

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

One seasonal fruit (like apples, oranges or pomegranate), chaat masala, and lemon juice.

Lunch:

Minestrone Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 1 zucchini, diced
- 1 cup spinach leaves
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Heat olive oil in a large pot. Add onion and garlic, sauté until softened. Add carrots and zucchini, and sauté for 5 minutes. Pour in vegetable broth and diced tomatoes. Add oregano, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes. Add spinach and cook until everything is tender. Garnish with fresh parsley/coriander before serving.

Afternoon Snack:

Protein shake or sattv buttermilk

Dinner:

Moong dal khichdi (add little rice & lot of veggies) with Greek yoghurt or egg white omelette with stir-fried vegetables

Day 5

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 medium apple, sliced, with 1-2 tablespoons of peanut butter.

Lunch:

Stuffed Bell Peppers

Ingredients:

- Bell peppers
- Black beans
- Spices
- Cooked quinoa or brown rice
- Corn

Instructions:

Stuff bell peppers with the mixture and bake until the peppers are tender.

Afternoon Snack:

Roasted makhana (Fox Nuts) + 2-3 walnuts

Dinner:

1/3 cup brown rice with 1/2 cup sautéed veggies + grilled fish or chicken or shrimp

Day 6

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup Greek yogurt + 1 fruit of choice + 1 tsp flaxseed powder

Lunch:

Oats khichdi (add little oats & lot of veggies) with Greek yoghurt

Ingredients:

- 1/4 cup oats
- Mixed vegetables
- Split moong dal (like carrots and peas)
- Turmeric
- Cumin seeds

Instructions:

Cook everything together in a pot or pressure cooker until soft.

Afternoon Snack:

Sprouted moong salad with chopped cucumber, tomatoes, and a squeeze of lemon juice.

Dinner:

Fit Chef low carb curd rice + protein of your choice (paneer tikka/chicken tikka) 3-4 pcs

Day 7

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup low-fat cottage cheese with salt & pepper as per taste

Lunch:

Moong dal chilla (lentil pancakes with grated veggies in batter) with eggs or Greek yoghurt

Afternoon Snack:

Protein shake or sattv buttermilk.

Dinner:

Bowl of lobia with 1/3 cup rice + 1 subji like gobhi/laukey



WEEKLY PLAN

WEEK 2

Day 8

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 fruit (apple/orange/pomegranate/pear/musk melon) with Greek yogurt + flax seeds + cinnamon

Lunch:

Choice of cauliflower/broccoli mash or soup + protein (75g chicken tikka/grilled chicken/100g butter tossed prawns) + salad or veggies

Afternoon Snack:

Roasted makhana (Fox Nuts)

Dinner:

Jawar roti with sprouts sabzi & Greek yoghurt or Bone/chicken broth + veggies



Day 9

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup plain Greek yogurt, a handful of any or mixed berries (strawberries, blueberries, raspberries)

Lunch:

Quinoa salad with vegetables and choice of protein

Ingredients:

- Cooked quinoa
- Chopped cucumber
- Tomatoes
- Bell peppers
- Onion
- Lemon juice
- Salt
- Pepper

Afternoon Snack:

Sprouted moong salad with chopped cucumber, tomatoes, and a squeeze of lemon juice.

Dinner:

Stir fried tofu/chicken/fish/eggs + veggies

Day 10

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup poha + 1 cup Greek yogurt

Lunch:

Vegetable khichdi

Afternoon Snack:

Protein shake or sattv buttermilk.

Dinner:

A bowl of tomato soup with a bit of salt and pepper

Day 11

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup low-fat cottage cheese with salt & pepper as per taste

Lunch:

Minestrone Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 1 zucchini, diced
- 1 cup spinach leaves
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Heat olive oil in a large pot. Add onion and garlic, sauté until softened. Add carrots and zucchini, and sauté for 5 minutes. Pour in vegetable broth and diced tomatoes. Add oregano, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes. Add spinach and cook until everything is tender. Garnish with fresh parsley/coriander before serving.

Afternoon Snack:

Roasted makhana (Fox Nuts)

Dinner:

Bone/chicken broth + veggies + 1/3rd cup rice noodles + protein (chicken/fish/eggs/paneer)

Day 12

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

A seasonal fruit (like apples, oranges, and pomegranate), chaat masala, and lemon juice.

Lunch:

Stuffed Bell Peppers

Ingredients:

- Bell peppers
- Cooked quinoa or brown rice
- Black beans
- Corn
- Spices

Instructions:

Stuff bell peppers with the mixture and bake until the peppers are tender.

Afternoon Snack:

Sprouted moong salad with chopped cucumber, tomatoes, and a squeeze of lemon juice.

Dinner:

Fit Chef low carb curd rice + protein of your choice (paneer tikka/chicken tikka) 3-4 pcs



Day 13

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 medium apple, sliced, with 1-2 tablespoons of peanut butter.

Lunch:

Oats khichdi

Ingredients:

- Oats
- Split moong dal
- Mixed vegetables (like carrots and peas)
- Turmeric
- Cumin seeds.

Instructions:

Cook everything together in a pot or pressure cooker until soft.

Afternoon Snack:

Protein shake or Sattu buttermilk.

Dinner:

Moong dal khichdi or egg white omelette with stir-fried vegetables

Day 14

Breakfast:

Detox shake (refer page 10, 11 & 12 for detox recipes)

Mid-morning Snack:

1 cup vegetable upma + 1 cup Greek yogurt

Lunch:

Moong dal chilla (lentil pancakes)

Afternoon Snack:

Roasted makhana (Fox Nuts)

Dinner:

½ cup brown rice with ½ cup sautéed veggies + grilled fish or chicken or shrimp

10 DETOX DRINK RECIPES

Pick any for your daily morning detox drink as per the plan.

1. Avo Nutty Smoothie

Ingredients:

- 1 ripe avocado
- 1 banana
- 1 tablespoon almond butter or peanut butter
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes (optional)

Instructions:

Scoop out the avocado and combine it with the banana, almond butter, almond milk & chia seeds in a blender. Blend until smooth and creamy. Add ice cubes if desired for a chilled smoothie. Serve and enjoy!

2. Breakfast Whey Berry Detox Smoothie

Ingredients:

- 1 scoop vanilla whey protein powder
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- ½ banana
- 1 cup unsweetened almond milk (or water)
- 1 tablespoon flaxseeds
- Ice cubes (optional)

Instructions:

Add the protein powder, mixed berries, banana, and almond milk, flaxseeds into a blender. Blend everything until smooth. Add ice cubes if you prefer a chilled smoothie. Pour and enjoy a refreshing detox drink!



3. Mint-Cucumber Detox Shake

Ingredients:

- 1 cucumber, peeled and chopped
- 10-12 fresh mint leaves
- 1 tbsp lemon juice
- 1 tsp grated ginger
- ½ tsp cumin powder
- A pinch of black salt
- ½ cup water

Instructions:

Blend all ingredients until smooth. Add more water if needed for consistency. Drink it chilled for a refreshing fat-loss detox.

4. Apple-Cinnamon Smoothie Shake

Ingredients:

- 1 apple, chopped
- 1 tsp cinnamon powder
- ½ tsp chia seeds (optional)
- ½ cup almond milk (or regular milk)
- ½ cup water
- A pinch of black salt

Instructions:

Blend the apple with water and almond milk. Add cinnamon, chia seeds (optional), and black salt. Blend again until smooth. Enjoy fresh.

5. Amla (Indian Gooseberry) Juice

Ingredients:

- 1 fresh amla (or 2 tbsp amla powder)
- 1 glass of water
- A pinch of black salt

Instructions:

Blend fresh amla with water (or mix amla powder). Add black salt and drink fresh, preferably in the morning.

6. ABC (Apple, Beetroot, Carrot)

Ingredients:

- 1 medium-sized apple
- 2 medium-sized carrots
- 1 medium-sized beetroot
- Ginger (optional)
- 150ml water

Instructions:

Peel beetroot and carrot. Chop them roughly. Place chopped items along with ginger in a mixie. Blend without water and strain through a metal strainer. Again add ¾ cup to 1 cup water and blend. Strain through a metal strainer. Pour it in a glass, and sip on it.



7. Detox Turmeric Water

Ingredients:

- ½ tsp haldi
- ½ tsp ginger, chopped
- ¼ tsp black pepper
- 1 tsp honey
- 2 cups water

Instructions:

Take a bowl, add water and heat. Bring it to simmer and add all the other ingredients. Stir well. Keep boiling the water till it reduces to half. Serve hot.

8. Liver Detox Shot

Ingredients:

- ½ Carrot
- One stalk of celery
- Juice of ½ a lemon
- ½ Beetroot
- 1 teaspoon moringa powder

Instructions:

Blend it altogether with ¼ cup of water and strain it. Add 1 tsp pink Himalayan salt and a pinch of fresh crushed black pepper.

9. Super Detox Boost

Ingredients:

- 2 inch piece of ginger
- Juice of 1 lemon
- 1 tsp raw honey
- ¼ tsp of cayenne pepper powder
- 1.5 cups warm water

Instructions:

In a glass infuser, add warm water and grated ginger, lime juice and cayenne pepper powder allowing it to infuse for 10 minutes. Once the drink has become room temperature, add in the honey. Never add honey to hot water. And it's ready, sip on it.

10. The Lean Green Juice

Ingredients:

- 6-8 leaves of kale
- ¼ cup coriander
- 5-6 sprigs of mint
- 1 amla peeled and deseeded
- 1 inch piece of fresh turmeric
- 1 inch piece of fresh ginger
- 1 cucumber
- ½ green apple
- Juice of 1 lemon
- 1 tbsp soaked chia seeds

Instructions:

Blend it all together and strain it. Add ½ tsp of pink Himalayan salt and the soaked chia seeds. And it's ready!

CREATE YOUR PERFECT SALAD DRESSING:

A SIMPLE GUIDE

Elevate your salads with homemade dressings that are both delicious and healthy! Here's your easy-to-follow formula:

Base Ratio:

3 parts oil: 1 part acid (e.g., 3 tbsp oil to 1 tbsp lemon juice or vinegar)

Ingredients:

- Oil: Extra virgin olive oil
- Acid: Fresh lemon juice or apple cider vinegar or balsamic vinegar or wine vinegar

Flavor Boosters (Optional):

- Dijon mustard: Mix with your acid for a tangy kick
- Seasonings: Salt, freshly ground black pepper, herbs (basil, oregano, garlic, onion, rosemary)
- Creaminess: Mashed avocado or tahini for a richer texture



Pro Tips:

1. Start with 1-2 tablespoons of dressing per salad
2. Experiment with combinations to find your favorite
3. Shake well before each use

Get creative and let your taste buds guide you!

HEALTHY MEAL RECIPES

1. Cauliflower/Broccoli Mash

Ingredients:

- 1 medium cauliflower or broccoli, chopped
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: 2 tbsp Greek yogurt for creaminess

Instructions:

Steam the cauliflower/broccoli until soft. Mash with olive oil and seasoning.



2. Minestrone Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 1 zucchini, diced
- 1 cup spinach leaves
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Heat olive oil in a large pot. Add onion and garlic, sauté until softened. Add carrots and zucchini, and sauté for 5 minutes. Pour in vegetable broth and diced tomatoes. Add oregano, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes. Add spinach and cook until everything is tender. Garnish with fresh parsley/coriander before serving.



3. Gluten-Free Wrap with Fajita Veggies and Paneer/Chicken/Fish

Use any good healthy wrap available in the market. I use Gobbleright Almond Wrap personally.

Ingredients:

- ½ cup bell peppers, sliced
- ½ cup onions, sliced
- 1 tsp olive oil
- 1 tsp cumin powder
- 1 tsp paprika
- Salt and pepper
- Paneer (100g) or chicken/ fish (100g) – grilled or pan-seared
- Lettuce leaves
- Tomatoes
- Guacamole or sliced avocado

Instructions:

Heat olive oil in a pan. Add bell peppers and onions, sauté for 5 minutes. Season with cumin, paprika, salt, and pepper. Cook until slightly charred. In another pan, grill paneer, chicken, or fish until fully cooked. Warm gluten-free tortillas, layer with fajita veggies, and protein of choice. Garnish with lettuce, salsa, and guacamole before rolling into a wrap.



4. Fit Chef Cabbage Curd Rice

Ingredients:

- 1 cup cooked brown rice
- ½ cup finely shredded cabbage
- ½ cup plain curd (low-fat)
- ½ tsp mustard seeds
- 1 tsp urad dal
- 1 tsp olive oil
- 1 green chili, chopped
- Curry leaves
- Salt to taste
- Fresh coriander for garnish

Instructions:

In a pan, heat olive oil. Add mustard seeds and urad dal until they splutter. Add chopped green chilies and curry leaves, sauté for a minute. Add shredded cabbage and cook for 3–4 minutes until softened. Mix the cooked rice, cabbage mixture, and curd. Add salt and stir well. Garnish with fresh coriander before serving.



5. Indian Style Subji with Black-Eyed Peas / Black Chana Gravy

Ingredients:

- 1 cup cooked black-eyed peas or black chana
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp garam masala
- 1 tsp turmeric powder
- 1 tbsp olive oil
- Salt to taste
- Fresh coriander for garnish

Instructions:

Heat olive oil in a pan. Add cumin seeds and let them crackle. Add chopped onions and sauté until golden. Add tomato puree, spices, and salt. Cook for 5-7 minutes until the mixture thickens. Add cooked black-eyed peas or black chana. Mix well and cook for another 10 minutes. Garnish with fresh coriander before serving.



6. Indian Style Veggies / Stew

Ingredients:

- 1 cup mixed vegetables (carrot, beans, peas, cauliflower, etc.)
- 1 onion, sliced
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tbsp olive oil
- 4 cups water or vegetable broth
- Salt to taste
- Fresh coriander for garnish

Instructions:

Heat olive oil in a pan. Add cumin seeds and let them crackle. Add onions, sauté until golden brown. Then add tomatoes and cook until soft. Add turmeric, coriander powder, and salt. Stir well. Add mixed vegetables and broth/water. Bring to a boil, then reduce heat and simmer for 15-20 minutes. Garnish with fresh coriander before serving.



7. Palak with 1/3 Cup Rice and Veggies

Ingredients:

- 1/3 cup cooked brown rice
- 1 cup spinach (palak), chopped
- 1/2 cup mixed vegetables (carrot, peas, etc.)
- 1 tsp cumin seeds
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp turmeric powder
- 1 tbsp olive oil
- Salt to taste

Instructions:

Heat olive oil in a pan. Add cumin seeds and let them crackle. Add onions, sauté until golden. Then add tomatoes and cook until soft. Add turmeric powder, salt, spinach, and mixed vegetables. Stir well. Cook for 10-12 minutes until the vegetables and spinach are cooked through. Serve with 1/3 cup of cooked brown rice.



8. Clear Veg Soup

Ingredients:

- 1/2 cup cabbage, shredded
- 1/2 cup carrots, sliced
- 1/2 cup beans, chopped
- 1/2 onion, sliced
- 2 garlic cloves, minced
- 4 cups water or vegetable broth
- Salt and pepper to taste
- Fresh coriander for garnish

Instructions:

In a large pot, add water or vegetable broth. Bring to a boil. Add all vegetables and garlic. Let it simmer for 15-20 minutes. Add salt and pepper to taste. Garnish with fresh coriander and serve hot.



COMMON FAQs

1. Can I follow this plan beyond 14 days?

Yes, but listen to your body and adjust portions as needed.

2. Is this plan suitable for vegetarians?

Absolutely! Substitutes like paneer, tofu, and legumes have been included to cater to vegetarians.

3. What if I experience cravings?

Stick to the plan! Incorporate your mid-morning or afternoon snacks to curb cravings. Drinking enough water is key too.

4. Can I swap out ingredients?

Yes, feel free to swap vegetables or proteins, as long as they are part of the allowed list.

5. Do I need to follow the workout exactly?

You are free to customize the workout routine to your fitness level. But try to give your best.

6. What if I miss a meal or snack?

If you miss a meal, don't overcompensate by eating more later. Simply return to the plan for your next scheduled meal or snack.

7. Can I eat out while on this plan?

Yes, but try to choose healthy options like salads with lean proteins or grilled vegetables. Avoid fried foods, heavy sauces, and sugary drinks.

8. How much water should I drink daily?

Aim for at least 2-3 liters of water per day, or more depending on your activity level and environment. Hydration is key to overall health and supporting weight loss.

9. Can I follow this plan if I have a medical condition?

If you have any underlying health conditions, it's best to consult with your healthcare provider before starting this plan.

10. Can I have cheat meals?

Cheat meals are not recommended during the 14-day period. However, once the plan is over, occasional indulgences are okay as long as you maintain balance in your diet.

For personalized meal plans or any further queries, feel free to reach out at

✉ consult@thefitchef.in

or scan the QR code to connect

