

## Meal plan for usage of Herba Max Slim

Meal plan A:

### Milk shake preparation:

2 scoops of herbamax in 200ml of slim milk to be blended in a mixer/blender until milk shake preparation is available. ( add little sugar for taste)

Breakfast - 8AM :

Herbamax straw berry milk shake



Mid-Morning Meal - 11AM :

1 slice whole wheat toast and  
1 fruit / yoghurt



Lunch - 1PM :

Rotis with 1 cup dal and 2 cups  
vegetable



Afternoon Snack - 5PM :

herbamax Strawberry shake



**Dinner - 8PM :**  
Roasted or stir-fried vegetables  
with brown rice



**Meal plan B**

**Breakfast - 8AM :**  
1 Egg and 2 slices of whole wheat  
toast



**Mid-Morning Meal - 11AM :**  
Small cup of fruit salad with  
tea / coffee



**Lunch - 1PM :**  
herbamax milkshake



**Afternoon Snack - 5PM :**  
1 cup sprouts and yoghurt



**Dinner - 8PM :**  
Rotis with 1 cup dal and 2 cups vegetable



**Meal plan C**

**Breakfast - 8AM :**  
1 Vegetable paratha and yoghurt



**Mid-Morning Meal - 11AM :**  
Herbamax strawberry milk shake  
shake



**Lunch - 1PM :**

**Roti / rice with sambhar,  
2 cups vegetable, 1 cup yoghurt.**



**Afternoon Snack - 5PM :**

**Herbamax Strawberry Cream  
shake**



**Dinner - 8PM :**

**Grilled Chicken / fish / paneer  
salad**



**Meal plan D**

**Breakfast - 8AM :**

**Idli / Dosa with chutney**



**Mid-Morning Meal - 11AM :**  
**HerbaMax milk shake**



**Lunch - 1PM :**  
**Vegetable stew or  
soup (with a small portion of  
chicken / fish)**



**Afternoon Snack - 5PM :**  
**1 handful of roasted channa or  
peanuts with tea / coffee**



**Dinner - 8PM :**  
**Rice Khichdi with vegetables**



**Meal plan E**

**Breakfast - 8AM :**  
**HerbaMax Strawberry Milk shake**



**Mid-Morning Meal - 11AM :**  
**Grilled vegetable sandwich**



**Lunch - 1PM :**  
**Rotis with 1 cup dal and 2 cups vegetable**



**Afternoon Snack - 5PM :**  
**Lassi without sugar or salt**



**Dinner - 8PM :**  
**Getrim Strawberry Cream shake**



