

Low Calorie Evening Snacks



SIMVALECHA

Who Am I?

- I'm Simran Valecha, a fitness expert who personally lost 10+kg while enjoying my food at restaurants
- I have personally tried all the fad diets out there that definitely helped me lose my weight but also led to me losing my hair, energy, immune strength and metabolism
- My mom, an ACE certified nutritionist and I started the business in 2020 to provide affordable and sustainable diet plans that included all the basics of an Indian diet: roti, rice, vegetables & fruits
- Today, we have helped over 3,500 clients across the globe lose 2-3kg a month in a sustainable manner



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10 easy to make, low cal evening snack options

1. **Makhana Bhel with veggies**
2. **Besan/ oats chilla with veggies**
3. **Spinach waffles**
4. **Hummus wrap with baked falafel and veggies**
5. **Sautéed sweet potato with sesame seeds**
6. **Corn chaat**
7. **Dhokla**
8. **Homemade paneer sandwich**
9. **Chana chaat**
10. **Vegetable tikki**

Want to eat everything you love and still lose weight?

Don't feel guilty if you don't want to eat anything on this list and simply want to enjoy your chai and biscuit or samosa or anything else! My mom, an ACE certified nutritionist has helped 3500+ women lose 3kg a month while eating their favourite foods

If you're ready to learn and take ownership of your goals, my **Customised Diet Plan is ideal for you:**

The Customised Diet plan includes:

- 🍀 A [One Month Flexible Diet Plan](#) that includes roti, veggies, rice & fruits so you can eat what's made at home!
- 📱 Constant touch with the Nutritionist for any questions during the one-month period
- ∞ A diet plan that you can follow for a lifetime
- 🍽️ Guidance on what to eat at restaurants
- 💪 Lose 2-3kg in a month

Fees: INR 2,499

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Simran Vafcha