

FREE GUIDE • DIET SWAD

The Diet Swad Snacking Plan

*A dietitian-designed 7-day schedule - when to eat what, portion sizes, and combos,
built for real Indian routines*

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Ancient Wisdom, Modern Life

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How to use this plan

This is a snack schedule, not a diet. Your meals stay yours. The plan gives every snack moment of the day a clean default - so 4 pm hunger never has to improvise. It uses the full Diet Swad range plus everyday items (fruit, dahi, chai). Portions are for an average adult; adjust for your activity.

The 3 real snack windows

Most people genuinely get hungry at: (1) mid-morning ~11 am, (2) the 4-6 pm slump, (3) post-dinner. Plan those three and random eating mostly disappears.

Know your toolkit (what works when)

Product	Best slot	Why	Portion
Power Bites	Pre-workout / mid-morning	Date-powered quick + steady energy, 11 superfoods	1-2 bites
Peanut-Sesame Delights	Post-workout / mid-morning	13.2g protein per 100g, only 4 ingredients	1-2 pieces
Royal Bites	The chocolate craving, 4-6 pm	Cocoa-rich, 14.8g protein per 100g, jaggery-sweetened	1-2 bites
Millet Cookies (all 3)	Chai time	Jowar + real butter; naturally sweetened	2 cookies
Roasted & Salted Cashews	Evening salty craving / travel	2 ingredients, 18.2g protein per 100g	A small handful (~25-30g)

The 7-day schedule

Day	Mid-morning (~11 am)	Evening (4-6 pm)	Post-dinner (if needed)
Mon	1 fruit + 4-5 cashews	Chai + 2 Millet Butter Cookies	2 dates
Tue	2 Power Bites (pre/post gym)	Roasted chana + chaas	Warm milk + 1 cookie
Wed	Dahi bowl + seeds	Chai + 2 Millet Coconut Cookies	1 Royal Bite
Thu	1-2 Peanut-Sesame Delights	Handful of Roasted Cashews	1 fruit

Day	Mid-morning (~11 am)	Evening (4-6 pm)	Post-dinner (if needed)
Fri	1 fruit + nuts	Chai + 2 Millet Choco Cookies	2 dates or 1 bite
Sat (active day)	2 Power Bites pre-workout	Peanut-Sesame Delights post-workout	Milk + 1 cookie
Sun (family day)	Fruit bowl	A clean 'chaat': dahi + fruit + nuts + a crumbled cookie	Skip - big lunch usually covers it

Calorie awareness without obsession

You don't need to count every bite. Use portion anchors instead: bites are dense (that's the point - real ingredients), so 1-2 pieces is a snack, not 5. Cashews: one cupped palm. Cookies: two with chai. If weight is your goal, keep two of the three windows lighter (fruit/dahi/chana) and give ONE window the premium snack - you'll stay satisfied and roughly in the right calorie zone automatically.

- Hungry within an hour of a snack? The snack was too refined or too small - add protein (cashews, delights).
- Not hungry at a window? Skip it. The schedule serves you, not the reverse.
- Workout days: move a bite-portion to pre/post training - that's when the fuel is best used.

Making it stick

1. Order once, portion once: keep packs at office + home + bag so the plan survives location changes.
2. Pair snacks with existing rituals (chai = cookie time) - habits attach to habits.
3. Review after 7 days: keep the 4-5 slots you loved, adjust the rest. A plan you enjoy is the only plan that lasts.

The whole toolkit, one order

All 7 products - Power Bites, Royal Bites, Peanut-Sesame Delights, 3 Millet Cookies, Roasted Cashews - each ₹499 with FREE shipping across India at dietswad.in. Stock the week, snack on schedule.

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This guide shares general nutrition information in simple language, prepared by the Diet Swad team. It is not medical advice. If you have a health condition, an allergy, or special dietary needs (pregnancy, diabetes, children under 2, etc.), please talk to your doctor or a qualified dietitian before making changes. All ingredient examples describe common label patterns, not any one specific brand.