

FREE GUIDE • DIET SWAD

The 7-Day Snack Swap Challenge

*Change nothing about your meals. Swap one snack a day. Feel the difference in a week
- no extreme diet, no willpower drama.*

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Ancient Wisdom, Modern Life

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Why snacks, not meals?

Here's a secret most diet plans hide: your meals are probably fine. Dal, roti, sabzi, rice - the Indian thali is decent food. It's the BETWEEN-meals eating - chips at 4 pm, biscuits with every chai, 'just one' namkeen bowl - where refined flour, palm oil and sugar quietly pile up. Fix the snacks and you fix the biggest leak, without touching a single meal. That is this whole challenge.

The only rule

One swap per day. You don't give anything up - you replace it with something as tasty. If you miss a day, continue the next. This is a game, not a punishment.

The 7-day plan

Day	The usual snack	Swap it with	Why it works
1	Chai-time cream biscuits	2 millet cookies (jowar + butter + khand)	Same ritual, same dunk - minus the maida and palm oil
2	4 pm chips packet	A handful of roasted & salted cashews	The salt-crunch craving satisfied, plus 18g protein per 100g
3	Post-lunch 'kuch meetha'	2 dates or 1 date-based bite	Sweet with fibre brakes instead of a sugar spike
4	Evening namkeen bowl	Roasted chana + peanuts mix	Crunchy, salty, cheap - and actual protein
5	Office drawer chocolate	1-2 cocoa-rich jaggery bites	Real cocoa hit without refined sugar
6	Late-night biscuit raid	Warm milk + 1 millet cookie	Satisfies the ritual and lets you sleep (less sugar = less 3 am wake-up)
7	Sunday 'snack lunch' grazing	A proper chaat of fruit + nuts + dahi	Volume eating, done clean

What you'll likely notice by Day 7

- Steadier energy at 5-6 pm (the usual crash window).
- Less 'automatic' hunger an hour after snacking - real food satisfies longer.
- The surprising one: cravings get quieter. Refined sugar and flour drive the want-more loop; real food doesn't.

Keeping it under control money-wise

Clean snacking under roughly ₹100/day is realistic: roasted chana (₹10-20/day), peanuts (₹15-25), seasonal fruit (₹20-40), dahi (₹15-25), dates (₹20-30/portion). Premium clean snacks like packaged bites and cookies cost more per pack but replace multiple junk purchases - most people's total snack spend stays flat or drops.

After the 7 days

Don't aim for 100% clean forever - aim for clean DEFAULTS. Keep your favourite 2-3 swaps permanent, enjoy the occasional anything-you-want guilt-free, and re-run the challenge whenever old habits creep back.

Your swap toolkit, delivered

Diet Swad covers every craving in the table: Millet Cookies (chai), Roasted Cashews (salty-crunchy), Power Bites & Peanut-Sesame Delights (sweet), Royal Bites (chocolate). All ₹499, FREE shipping across India - dietswad.in. One order = your whole week of swaps ready.

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