

DIP-DIET PROTOCOL IMPLEMENTED

What is the DIP Diet?

The DIP Diet (Disciplined & Intelligent People Diet) is a revolutionary plant-based dietary system developed by Dr. Biswaroop Roy Chowdhury. It is based on extensive scientific research, including findings from 'The Great China Study on Nutrition'. The primary goal is to naturally reverse serious modern lifestyle diseases such as Diabetes, High Blood Pressure, Heart Disease, Obesity, and more.

This diet emphasizes consuming natural, minimally processed food and living closer to nature.

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<https://www.dipdiet.in/research-papers>





S.NO.	PHASE-1 (MORNING)	PHASE-2 (AFTERNOON)	PHASE-3 (EVENING)	REMARKS
DAY-1				
DAY-2				
DAY-3				

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S.NO.	PHASE-1 (MORNING)	PHASE-2 (AFTERNOON)	PHASE-3 (EVENING)	REMARKS
DAY-4				
DAY-5				

DAY-6				
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WEEKEND. DAY-7 (THIS WILL COMPLETE A WEEKS CHART. REPEAT EVERY WEEK IF YOU WISH TO CONTINUE.

WRITE DOWN THE SUMMARY AND PROGRESS OR FAILURE IN YOUR WORDS IN THE FOLLOWING REMAINING PAGE.