

MS. HIRAL DAVE

26.02.2022

**DIET MODIFICATION – 11**  
**(to be followed for 10 days)**

- On waking up : 1 stewed apple (*fims*)
- Breakfast (9.00am) : Warm breakfast (1 ½ cup poha/ oats pudla/ dhokla/ khichu/2 idli/ 1 dosa)  
+ 15gms plant protein in 150ml water
- 11.30am : 1 glass chaas
- Lunch (1.00pm) : Chew ½ tsp jeera (*fims*)  
1 cup cooked rice + 1 bowl subzi + 1 ½ cup cooked dal/ pulse/ sprouts
- 4.00pm : 1 cup fruit (no banana)
- 5.30pm : 1 cup roasted makhana  
+ 1 handful for roasted chana + 1 tbsp unsalted peanuts
- Dinner (7.30 pm) : Chew ½ tsp jeera (*fims*)  
**50% vegetables (soup/ stir fry/ stuffing)**  
2 dosa + sambhar  
OR 1 ½ cup vegetable daliya moongdal khichdi  
OR 1 rotla + subzi  
OR 2 vegetable pulda + green chutney  
OR 2 vegetable & falafel wrap
- 40 mins pre bedtime : 1 glass coriander water (*fims*)

### **HOME REMEDIES :**

- Coriander water – soak 1 tsp coriander seeds in 1 glass water for 4-6hrs. strain & drink
- Stewed apple – Boil 200ml water, add apple slices and cook till its soft. Strain the water & consume the apple

### **INSTRUCTIONS :**

- Drink 2 litre of room temperature water per day + 500ml of water during workout
- Avoid maida, biscuits, farsan, fried food, processed food, chocolate, sugar, jaggery, sweets, cheese, soda, aerated beverages, alcohol



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