

MS. HIRAL DAVE

09.03.2022

DIET MODIFICATION – 12
(to be followed for 10 days)

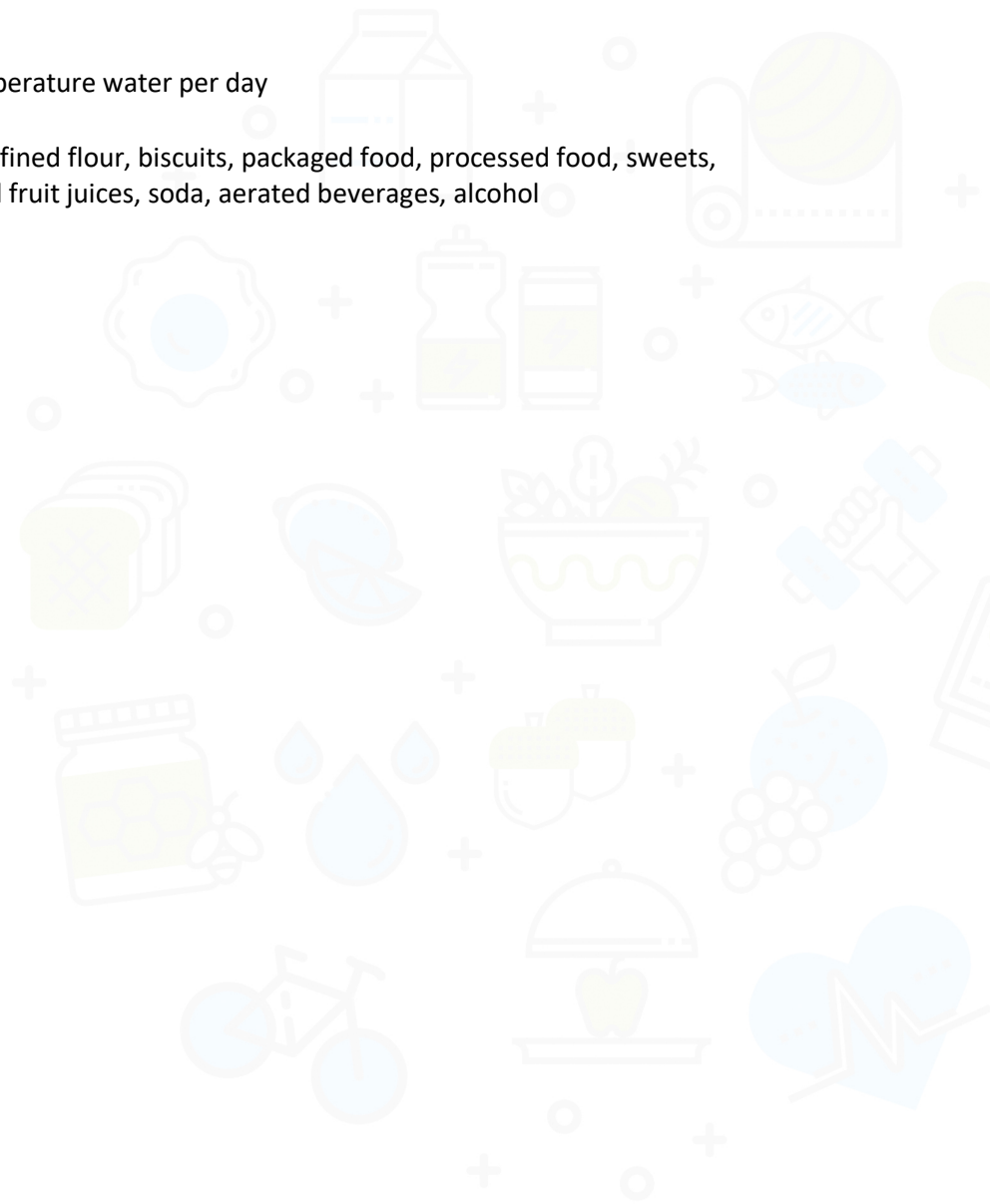
- On waking up : 1 glass ACV infusion (*fims*)
- Breakfast (9.00am) : Warm breakfast (1 ½ cup upma, 3-4 appe, 2 thepla, 2 oats chilla)
- 12.00 pm (post workout) : 15gms plant protein in 150ml water
+ 2 tbsp seeds mix, unsalted
+ 5 almonds + 2 walnut halves + 5-6 unsalted pistachios
- 1.30pm : 1 bowl fresh fruits (no banana, avocado)
- 4.30 pm : 1 cup sprouts bhel
OR 1 cup chana or moong chaat
OR 1 moong khakra with hummus
- Dinner (7.00 pm) : Few drops of lemon before meal (*fims*)
50% vegetables (soup, stir fry, subzi)
2 nachni dosa + sambhar
OR 2 jowar roti + subzi + dal
OR 1 ½ cup vegetable daliya khichdi
OR 1 ½ cup dudhi jowar muthoya
- 10.00pm : 1 tbsp PMS butter
+ 1 tbsp seeds mix, unsalted
- 12.00am : 1 tbsp unsweetened almond butter + 1 date

HOME REMEDIES:

- ACV infusion –In 150ml warm water, add 1 tsp cinnamon powder + 1 tbsp apple cider vinegar + 1 tbsp lemon juice . Switch off the flame & add 1 tsp honey. Mix & drink Luke warm.

INSTRUCTION:

- Drink 2.5 ltr of room temperature water per day
- Avoid rice
- Avoid milk, tea, coffee, refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol



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SEEDS MIXTURE

INGREDIENTS

- 2 tbsp til
- 2 tbsp flax seeds
- 2 tbsp watermelon seeds
- 2 tbsp pumpkin seeds
- 2 tbsp cucumber seeds
- 2 tbsp sunflower seeds
- 2 tbsp muskmelon seeds

METHOD

1. Roast all the seeds differently on low flame.
2. Mix together in a bowl & store it in air tight container for upto 10days.
3. Do not add salt, chaat masala or any other spices



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