

MS. BHUMIKA A SHAH

09.03.2022

**DIET MODIFICATION – 1**  
**(to be followed for 10 days)**

On waking up	: 1 glass coriander water ( <i>fims</i> ) + 2 soaked apricots + ½ cup pomegranate
Post workout	: 2 tbsp seeds mix, unsalted
Breakfast (9.30am)	: Warm breakfast (1 ½ cup upma, poha, 2 thepla, 2 oats chilla, 2 idli, 1 dosa)
12.00 pm	: 1 glass coconut water
Lunch (1.30pm) After 10 mins	: 1 rotla + subzi + 1 cup cooked dal/ pulse : 1 glass chaas (no salt)
4.00 pm	: 1 bowl watery fruits
6.00pm	: 1 tsp unsweetened almond butter + 1 date
Dinner (8.00 pm)	: Chew 3-4 mint before meal ( <i>fims</i> ) <b>50% vegetables (soup, stir fry, subzi)</b> 2 dosa + sambhar OR 2 plain paratha + subzi + dal OR 1 ½ cup vegetable daliya khichdi OR 1 ½ cup dudhi jowar muthoya OR 2 veg handvo + green chutney
30 mins pre bedtime	: 1 glass coriander water ( <i>fims</i> )

### **HOME REMEDIES:**

- Coriander water - soak 1 tsp coriander seeds in 1 glass water overnight/ 4-6hrs. Strain & drink the water

### **INSTRUCTION:**

- Drink 2.5 ltr of mint or jeera infused water per day
- Avoid paneer, curd, chaas, cream, cheese, lassi, milk for dinner
- Avoid milk, tea, coffee, refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol

### **EXERCISE :**

15 mins cardio

+ 15 mins Core (25 x 2 sleep cycling + 10 x 2 wide squats + 20 x 2 crunches + 50 wind mill + 2 attempts plank)

+ 15mins yoga



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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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