

**MRS. MEGHA GALA**

**09.03.2022**

**DIET MODIFICATION – 2**  
**(to be followed for 10 days)**

On waking up	: 2 soaked apricots + 1 tbsp soaked sesame seeds ( <i>fims</i> )
Breakfast (9.00am)	: Warm breakfast (1 ½ cup upma, poha, 2 chilla, 2 idli, 1 dosa)
11.00am	: 200ml coconut water with 1tsp subza seeds (takmaria)
Lunch (1.30pm)	: Squeeze few drops of lemon ( <i>fims</i> ) 2 jowar roti + subzi + 1 cup cooked dal
4.00 pm	: 1 bowl fresh fruits + 1 tsp unsweetened almond butter + 1 tbsp seeds mix, unsalted
Dinner (7.30 pm)	: Squeeze few drops of lemon ( <i>fims</i> ) <b>1 bowl vegetable soup or stir fry or subzi</b> + 2 rawa dosa + sambhar OR 1 ½ cup vegetable daliya & moong dal khichdi OR 1 ½ cup vegetable pulav OR 2 veg handvo + green chutney OR 2 oats moong chilla + green chutney OR 1 rotla + subzi
30 mins pre bedtime	: 1 glass warm water + 1 pinch cinnamon + ½ tsp honey ( <i>fims</i> )

**INSTRUCTION:**

- Drink 2 ltr of room temp water per day
- Avoid wheat flour, milk, paneer, cheese, curd, chaas, cream, lassi for dinner
- 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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