

MR. NIVIL CHACKO

16.03.2022

**DIET MODIFICATION – 5**  
**(to be followed for 10 days)**

On waking up	: 1 glass jeera water <i>(fims)</i> + 5 soaked almonds + 4-5 soaked black currants + 1 tsp soaked sesame seeds
Breakfast (9.00am)	: Warm breakfast (1 ½ cup rice seviya, upma, 4-5 pc appe, 2 dosa, 1 paratha) + ½ cup cooked moong
11.00 am	: 15gms plant protein in 150ml water 2/wk - 1 granola bar
Lunch (1.00pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 2 millet roti/ 1 cup cooked rice + vegetable + 1 cup cooked dal/ pulse 3/wk - 1 cup rice/ 2 millet roti + vegetable + 2 egg whites
3.00 pm	: 1 cup fruits + 2 tbsp seeds mix, unsalted
5.00 pm	: 1 cup roasted makhana (foxnut) + 1 handful of roasted chana OR 1 sour dough bread toast with 1 tbsp nut butter OR 2-3 pc baked lavash + hummus/ hung curd dip OR 1 cup unflavoured popcorn + 1 tbsp unsalted peanuts
Dinner (7.00 pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 3/wk – 150gms fish/ chicken + vegetables + grain (2 chicken quesadilla, 1 cup rice with fish curry, chicken burrito bowl) 4/wk – pulses/tofu/cottage cheese/ quinoa + vegetables + grain (1 ½ cup whole wheat pasta + tofu stir fry, barley risotto, oats dosa)
40 mins pre bedtime	: 1 glass coriander water <i>(fims)</i>

### **HOME REMEDIES :**

- Jeera water – soak 1 tsp jeera in 1 glass water overnight. Strain & drink
- Coriander water – soak 1 tsp coriander seeds in 1 glass water for 4-6hrs. Strain & drink

### **INSTRUCTION:**

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

### **EXERCISE:**

- 20 mins walk/ jog
- + 25 x 2 reverse sleep cycling
- + 20 x 2 single leg raises
- + 20 x 2 russian twists
- + 20 x 2 leg scissors
- + 2 attempts of plank



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