

MR. KETAN GALA

26.03.2022

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

On waking up	: 1 glass ACV infusion (<i>fims</i>) + 1 tbsp unsweetened almond butter + 1 tsp soaked til
Breakfast (9.00am)	: Warm breakfast (1 ½ cup veg poha/ oats pudla/ dhokla/ 2 idli) + 20 gms protein powder in 1 glass water
11.00am	: 1 fruit (apple/ pear/ papaya)
Lunch (1.00pm)	: Chew ½ tsp jeera (<i>fims</i>) 1-2 millet rot + 1 cup subzi + 1 cup dal + 1 cup salad
4.00pm	: 1 watery fruit (orange/ pomegranate/ muskmelon/ strawberry) + 1 small pc. Protein bar
5.30pm	: 10 gms protein powder in 1 glass water + 1 cup roasted makhana
Dinner (7.30 pm)	: Chew ½ tsp jeera (<i>fims</i>) 80% vegetables (soup/ stir fry/ stuffing) + 20% - Idli/ muthiya/ wrap/ pulao/ chilla/ quinoa burrito bowl/ dal dhokli
40 mins pre bedtime	: 1 glass ACV infusion (<i>fims</i>)

HOME REMEDIES :

- ACV infusion – Boil 150ml water for 1 min, add 1 tsp cinnamon powder + 1 tbsp apple cider vinegar + 1 tbsp lemon juice . Switch off the flame & add 2 tsp honey. Mix & drink Luke warm.
- DETOX WATER - boil 1.1 litre of water and add ½ tsp of jeera, ajwain, sauf, coriander seeds each & ½ inch ginger pc. Boil for 2-3 mins. Cool, strain and drink till 1 pm.

INSTRUCTIONS :

- Drink 1 liter detox water + 1 litre of room temperature water per day + 500ml of water during workout
- Avoid raw vegetables, milk, tea, coffee, paneer, curd, chaas, lassi, cream, cheese
- Avoid maida, biscuits, farsan, fried food, processed food, chocolate, sugar, jaggery, sweets, cheese, soda, aerated beverages, alcohol



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