

MR. NIVIL CHACKO

13.04.2022

DIET MODIFICATION – 7
(to be followed for 10 days)

On waking up	: 1 glass warm water + 1 pinch haldi + 1 pinch pepper <i>(fims)</i> + 1 apple/ pear + 1 tsp unsweetened nut butter
Breakfast (9.00am)	: Warm breakfast (rice seviya, poha, upma, dhokla, idli, dosa, chilla) + 15gms plant protein in 150ml water
11.00 am	: 1 cup fruit
Lunch (1.00pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 2 millet roti + vegetable + 2 egg whites/ 1 cup cooked dal or pulse OR 1 whole wheat/ sour dough vegetable & chicken sandwich OR 2 vegetable & egg wrap
4.00 pm	: 1 glass lemonade + 3-4 baked nachno chips + salsa dip/ hummus OR 1 cup sukha bhel OR 1 cup unflavoured popcorn OR 1 cup roasted chickpeas or quinoa puffs
6.30pm	: 1 glass lemonade
Dinner (7.30 pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 2 vegetable & paneer paratha + green chutney OR 3 idli + sambhar + 2 tbsp coconut chutney OR 1 cup steam rice + thai or chicken or fish curry OR 1 ½ cup edamame pasta in red sauce with vegetable OR 1 ½ cup vegetable daliya khichdi
40 mins pre bedtime	: 1 tsp unsweetened almond butter + 5-6 soaked black currants <i>(fims)</i>

INSTRUCTION:

- Drink 2.5 ltr of room temperature water per day
- Chicken & fish is allowed 4 times a week for dinner
- 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 OR swimming
+ 25 x 2 side crunches
+ 20 x 2 squats
+ 20 x 2 single leg & toe touch
+ 2 attempts of plank



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