

MS. SONIA BENDRE

13.04.2022

DIET MODIFICATION – 9
(to be followed for 10 days)

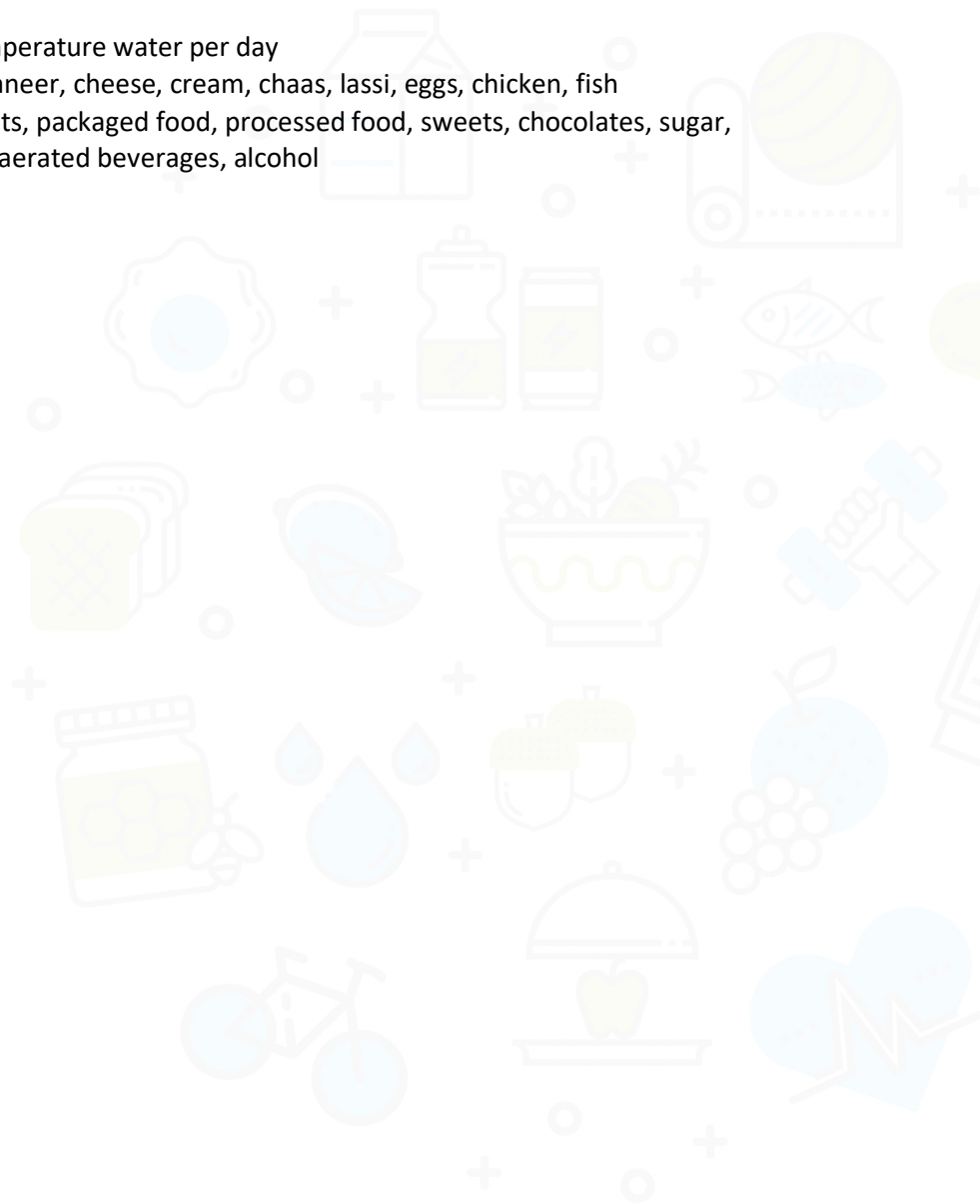
On waking up	: 1 glass ACV drink (<i>fims</i>)
Breakfast (9.30am)	: Warm breakfast (1 ½ cup poha, upma, 2 idli, 1 paratha, 2 chilla) + 10gms plant protein in 150ml water
11.30 am	: 200ml dudhi + muskmelon + cucumber + mint juice
1.30 pm	: Chew ½ tsp jeera (<i>fims</i>) 1 bowl fruit & vegetable salad 2/wk - smoothie bowl OR overnight oats pudding
3.30pm	: 1 glass salted lemonade
5.00pm	: 1 tbsp unsweetened almond butter + 1 tsp mixed seeds
Post workout	: 15gms plant protein in 150ml water
Dinner (7.00 pm)	: Chew ½ tsp jeera (<i>fims</i>) 2 thalipeet + subzi OR 2 millet roti + subzi + dal OR 3 pc (baked) tacos with beans + 1 bowl veg soup OR 2 vegetable & tofu wrap OR 2 idli + sambhar + stir fry vegetables OR 1 bowl lentil or edamame & vegetable pasta in red sauce
10.00pm	: 1 tsp PMS butter (<i>fims</i>)

HOME REMDIES :

- ACV infusion –In 150ml warm water, add ½ tsp cinnamon powder + 1 tbsp apple cider vinegar + 1 tsp lemon juice + 1 tsp honey. Mix & drink Luke warm.

INSTRUCTIONS :

- Drink 2 litres of room temperature water per day
- Avoid milk, tea, coffee, paneer, cheese, cream, chaas, lassi, eggs, chicken, fish
- Avoid refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol



175+
Workshops



7+
Books



5000+
Recipes



60+
Products



15+
Countries