

MRS. MEGHA GALA

13.04.2022

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

On waking up	: 1 glass jeera sauf water (fims) + 8-10 soaked black currants
Breakfast (9.00am)	: Warm breakfast (1 ½ cup rice seviya, upma, 2 idli, dhokla, dosa, oats chilla) + ½ cup cooked moong
11.30am	: 1 glass thin chaas
Lunch (1.30pm)	: Squeeze few drops of lemon (fims) 1 bowl vegetable & fruit salad 2/wk - 1 glass fruit smoothie
4.00pm	: 1 glass thin chaas + 1 cup makhana bhel/ roasted makhana OR 1 moong khakra + green chutney + few carrot sticks
Dinner (7.00 pm)	: Squeeze few drops of lemon (fims) Non grain dishes + vegetables 2 moong chilla + green chutney + soup/ stir fry veg OR 2 mix dal dosa + sambhar OR 2 medium pattice with chutney, ragda + soup OR 1 bowl quinoa & veg stir fry OR chilla lifafa
10.00pm	: 2 apricots, soaked for 2 hrs (fims)

HOME REMEDIES :

- Jeera sauf water – Boil 1 glass water with 1 tsp jeera & sauf each for 1 min. strain & drink luke warm

INSTRUCTION:

- Drink 2 ltr of room temp water per day
- Non grain includes pulses, quinoa, dal. Any dishes from these ingredients can be made for dinner
- Avoid milk, tea, coffee, refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol
- SOS - 1 almond butter bite

EXERCISE:

Warm up

- + 5 suryanamaskar
- + 20 x 2 sleep cycling
- + 15 x 2 wide squats
- + 15 x 2 leg raises
- + 20 wind mill
- + plank attempt



175+
Workshops



7+
Books



5000+
Recipes



60+
Products



15+
Countries