

MRS. POOJA DOGRA

03.05.2022

DIET MODIFICATION – 2
(to be followed for 1 week)

- On waking up : 1 glass jeera ajwain water (*fims*)
- Breakfast (8.00am) : day 1 - 1 bowl fresh fruits / fruit smoothie
day 2 - 1 ½ cup poha/ upma/ 2 chilla/ 1 millet paratha
- Mid meal : 1 cup seasoned curd (*fims*)
- Lunch (12.20pm) : day 1 - 2 roti + subzi + dal
day 2 - 1 bowl vegetable & fruit salad (*no salt*)
- 3.00pm : 2 tbsp seeds mix, unsalted + ¼ cup fruit
- 4.30 pm : 1 ½ cup makhana moong bhel
OR 1 khakra + hummus
OR 2 moong chilla + green chutney
OR 1 cup roasted chana jhor
- Dinner (7.30 pm) : Chew ½ tsp jeera before meal (*fims*)
1 cup green leafy vegetables (*fims*)
+ 1 ½ cup vegetable daliya moong dal khichdi
OR 2 millet paratha + subzi + dal/ tofu or paneer stir fry
OR 2 plain dosa + green chutney
OR 2 jowar falafel wrap
- 40 mins pre bedtime : 1 glass jeera ajwain water (*fims*)

HOME REMEDIES :

- Jeera ajwain water – Boil 150ml water with 1 tsp jeera & ajwain for 1 min. strain & drink luke warm
- Seasoned curd – heat a kadhai with ½ tsp ghee. Add ½ tsp jeera, 1 pinch hing & 2-3 curry leaves. Switch off the flame once the jeera crackles. Put the tadka/ seasoning on the curd. Consume as required

INSTRUCTION:

- Drink 2.5 ltr of room temperature water per day
- Avoid tomato
- Avoid milk, tea, coffee, refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol



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JOWAR FALAFEL WRAP

Makes 2 wraps

INGREDIENTS

¼ cup whole moong, boiled
¼ cup moong, soaked overnight
½ tbsp fresh mint leaves, chopped
2 tsp sesame seeds
1 tsp garlic, chopped
½ tsp green chilli, chopped
Salt to taste
1½ tsp red chilli powder
½ tsp cumin powder
1 tbsp coriander leaves, chopped
2 tbsp oil

Other Ingredients

Few onion slices
Few lettuce leaves
2 jowar roti
2 tbsp coriander- mint chutney
2 tbsp hummus

METHOD

1. Blenderize soaked moong, boiled moong, with some salt and take it out in a bowl.
2. Mix in sesame seeds, chopped onions, mint leaves, chopped garlic, chopped green chilli, salt, red chilli powder, cumin seeds, chopped coriander leaves.
3. Shape into oblong fritters. Heat a non-stick pan and shallow fry the fritters till light brown on all sides.

HOW TO SERVE

1. Take a roti and apply some hummus & coriander chutney on the roti
2. Stuff with the fritters, onion slices & some lettuce. Fold to make a wrap.
3. Your healthy falafel is ready to serve.



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FRUIT SMOOTHIE

1 cup fruit (apple, mango, chiku, berries)
150ml water/ unsweetened almond milk
1 tsp unsweetened almond butter

METHOD

- Blend all the ingredients in 1 blender. Serve



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