

DIET MODIFICATION – 3
(to be followed for 10 days)

On waking up	: 1 glass warm water + 1 tsp spice mix <i>(fims)</i>
Breakfast	: 1 cup poha/ oats upma/ rice seviya/ 2 idli/ 2 oats chilla + ½ cup cooked moong
11.00 am	: 2 tbsp seeds mix + 5 almonds + 2 walnut halves
30 mins pre meal	: 1 glass warm water + 1 tbsp ACV <i>(fims)</i>
Lunch (1.00pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 2 jowar - wheat roti (60% jowar + 40 wheat flour) + 1 subzi + 1 cup cooked dal + 1 cup vegetable & sprouts or pulse salad
Post 15 mins	: 1 glass thin buttermilk
4.30 pm	: 1 bowl fresh fruits (no banana, mango, avocado) + 1 tbsp seeds mix, unsalted + 5-6 unsalted pistachios + 2 tbsp unsalted peanuts
30 mins pre meal	: 1 glass warm water + 1 tbsp ACV <i>(fims)</i>
Dinner (7.00 pm)	: Chew ½ tsp jeera pre meal <i>(fims)</i> 1 bowl vegetable stir fry OR soup + non grain dishes 1 ½ cup quinoa khichdi OR 150gms grilled chicken or fish + 1 bowl vegetable stir fry OR 2 moong chilla + green chutney + 1 bowl veg soup OR 5-6 pc pulse appe with rasam + stir fry vegetables OR 2 mix dal dosa + sambhar + vegetables
30 mins pre bedtime	: 1 glass warm water + 1 tsp spice mix <i>(fims)</i>

HOME REMEDIES :

- Spice mix - 50% jeera + 20% ajwain + 10% hing + 20% isabgol. Mix the ingredients in the given proportion & store it in an air tight container. (if preferred in the powder form, they can be powdered too)

INSTRUCTION:

- Drink 2.5 ltr of room temperature water per day
- Non grain includes pulses, dals, chicken, fish, quinoa. Any dishes from these ingredients can be made for dinner
- Avoid refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol

EXERCISE :

Walk

- + 20 x 2 bi cycle crunches
- + 20 x 2 sleep cycling
- + 20 x 2 leg extensions
- + 15 x 2 wide squats



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