

**MS. KHUSHI GUPTA**

**04.05.2022**

**DIET MODIFICATION – 5**  
**(to be followed for 1 week)**

Breakfast (9.00am)	: 1 ½ cup fresh fruits (no banana) 2/wk - 1 mango + 1 cup watery fruit
11.00am	: 150ml ash gourd (white pumpkin) + mint juice
Lunch (1.30pm)	: Chew ½ tsp jeera pre meals ( <i>fims</i> ) 2 jowar roti + subzi + dal/ pulse 2/wk - wheat roti + subzi + dal/ pulse + 1 cup cucumber & carrot sticks
4.00pm	: 5 almonds + 2 walnut halves + 1 tbsp seeds mix, unsalted
Post gym	: 15gms plant protein powder in 150ml water
Dinner (7.00 pm)	: Chew ½ tsp jeera pre meals ( <i>fims</i> ) <b>Whole grains + vegetables + dal/ pulse</b> 2 oats moong chilla + green chutney + soup OR 1 ½ cup vegetable daliya moong dal khichdi OR 2 rawa dosa + sambhar + soup OR 4-5 pulse appe with rasam/ sambhar + sautéed vegetables OR 2 paneer pattice with ragda, salad & chutney
9.30pm	: 6-7 unsalted pistachios + 5 almonds + 1 tbsp seeds mix, unsalted
30 mins pre bedtime	: 1 glass warm water + 1 pinch cinnamon + 1 pinch nutmeg powder ( <i>fims</i> )

### HOME REMEDIES:

- DETOX WATER - boil 1.1 litre of water and add ½ tsp of jeera, ajwain, sauf, coriander seeds each & ½ inch ginger pc. Boil for 2-3 mins. Cool, strain and drink till 1 pm.

### INSTRUCTION:

- Drink 1 liter detox water + 1.5 liter of room temperature water per day
- **Whole grains include rawa, oats, jowar daliya, nachni daliya, pulses, dal, quinoa. Any dishes from these ingredients can be made**
- Paneer is allowed once a week
- Avoid milk, tea, coffee, curd, lassi, cream
- Avoid rice
- Avoid refined flour, biscuits, packaged food, processed food, sweets, chocolates, sugar, canned fruit juices, soda, aerated beverages, alcohol



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