

PERIOD	TIME	MEAL PLAN	NOTES
<b>As soon as you wake up</b>	5 AM	<ul style="list-style-type: none"> <li>• 5-6 rounds of deep breathing</li> <li>• Aum chanting in Gyan mudra</li> <li>• Gratitude</li> <li>• Followed by brushing</li> <li>• Oil pulling</li> </ul>	
<b>After brushing</b>		<ul style="list-style-type: none"> <li>• 1 glass detox water</li> </ul>	
<b>After work out</b>		<ul style="list-style-type: none"> <li>• 2-3 overnight soaked almonds</li> <li>• 2-3 overnight soaked walnut halves</li> <li>• 2 hazelnuts</li> <li>• 1 brazilian nut</li> </ul>	Soak 5 to 6 almonds and walnuts overnight and consume in morning. Soaking helps in reducing the anti-nutritional factors.

# UNIVERSAL DIET ACADEMY & CLINIC

<b>Breakfast</b>	<b>8 AM to 9AM</b>	<p><b>DAY 1:</b> Vegetable porridge  <b>DAY 2:</b> Moong daal chilla  <b>DAY 3:</b> Stuffed roti + seasonal grated vegetable  <b>DAY 4:</b> Oats meal  <b>DAY 5:</b> Poha  <b>DAY 6:</b> Besan chilla  <b>DAY 7:</b> Upma  <b>DAY 8:</b> Apple smoothie  <b>DAY 9:</b> Uttapam  <b>DAY 10:</b> Vegetable sandwich</p>	
<b>Post Breakfast</b>		<ul style="list-style-type: none"> <li>• Walk for 10 minutes</li> <li>• Green tea</li> </ul>	
<b>Mid Morning</b>	<b>11.00 to 11.30AM</b>	<ul style="list-style-type: none"> <li>• Coconut water</li> </ul>	

# UNIVERSAL DIET ACADEMY & CLINIC

<b>BEFORE LUNCH</b>	<b>15 MINUTES BEFORE</b>	Salad Bowl ( Flax seeds )	Eating salad before a meal helps to increase vegetable intake. Since it's the starter of a meal, salads are less likely to be left on the plate. Salads are usually high in dietary fiber, resulting in a strong sense of fullness
<b>Lunch</b>	<b>1-2 PM</b>	<b>DAY 1:</b> Ragi roti + daal <b>DAY 2:</b> Multigrain roti + ghiya sabji <b>DAY 3:</b> Vegetable porridge <b>DAY 4:</b> Multigrain roti + bhindi <b>DAY 5:</b> Idli sambar <b>DAY 6:</b> Khichdi + daal <b>DAY 7:</b> Ragi roti + sabji <b>DAY 8:</b> Brown rice + daal <b>DAY 9:</b> Multigrain roti + sabji <b>DAY 10:</b> Dhokla	
<b>Post lunch</b>		<ul style="list-style-type: none"> <li>• Walk for 10 minutes</li> <li>• Green tea</li> </ul>	

# UNIVERSAL DIET ACADEMY & CLINIC

<b>Evening refreshment</b>	<b>4.30 PM</b>	• Coconut giri	
<b>Dinner</b>	<b>BEFORE SUNSET</b>	<p><b>DAY 1:</b> Clear soup  <b>DAY 2:</b> Vegetable Quinoa  <b>DAY 3:</b> Soup + veggies  <b>DAY 4:</b> 1 Bowl daal  <b>DAY 5:</b> Ragi roti + sabji  <b>DAY 6:</b> Soup + veggies  <b>DAY 7:</b> Sprout salad  <b>DAY 8:</b> Vegetable quinoa  <b>DAY 9:</b> Clear soup  <b>DAY 10:</b> Roti + sabji</p>	<p>According to the principles of Ayurveda, human body has a lot to do with cycles of nature and sunlight. It recognizes the ratri as a period that starts an hour after the sunset. As the day ends, your body processes and metabolism slow down. So, if you eat late, that food is not utilized for energy.</p>
<b>Post dinner</b>		Walk for 30 minutes	

<b>Before bed time</b>		Chamomile tea	Benefits of chamomile tea Treating diabetes and lowering blood sugar, Slowing or preventing osteoporosis, Reducing inflammation, Cancer treatment and prevention, Helping with sleep and relaxation
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