

Dr Utkarsha Kurade

Date: 12 May 2022

31.7 yrs, Female, Weight: 68 kg, Height: 150 cm, BMI: 30.22 kg/m², Medical condition: N/A, Allergies: N/A

Diet Plans

Day 1

08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER.

08:01 AM **EARLY MORNING OPTION 2**
Basil Seed Water - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes15minutes before your breakfast, lunch & dinner

10:00 AM **BREAKFAST**
Vegetable Poha Without Peanut - 1.0 Gm
White Sesame Seeds - 1.0 Tsp

Vegetable Poha: Vegetables to be used french beans, onion, grated carrot, fresh green and boiled GREEN peas, garlic CHOPPED, fresh coriander leaves May add turmeric, curry leaves, cumin powder, DESEEDED GREEN CHILLIES, No red chilli. SPRINKLE 1 TEASPOON OF BLACK/WHITE SESAME SEEDS OVER POHA WHILE SERVING TO INCREASE CALCIUM IN DIET

11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup

01:30 **LUNCH**

Day 2

08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER

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10:00 AM **BREAKFAST**
Mixed Vegetable Paratha With Less Ghee - 1.5 Regular Size
Green Chutney - 1.0 Tsp
White Sesame Seeds - 1.0 Gm

JOWAR PARATHA- 1.5 cup Jowar flour, 1 cup chopped spring onion, 1 cup grated carrot, 1 teaspoon amchur powder, 0.5 teaspoon haldi, 1 teaspoon jeera whole, 1 teaspoon ajwain whole, 2 crushed deseeded green chillies, 1 tablespoon black & white sesame seeds, salt & black pepper as required for taste, LUKEWARM WATER FOR KNEADING THE DOUGH

11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup

Day 3

08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER.

08:01 AM **EARLY MORNING OPTION 2**
Basil Seed Water - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes15minutes before your breakfast, lunch & dinner

10:00 AM **BREAKFAST**
Quinoa Vegetable Upma - 1.0 Medium Bowl
White Sesame Seeds - 1.0 Gm

QUINOA VEGETABLE UPMA- for 1/2 cup raw quinoa use 1 cup water to cook. Add 1.5-2 cup chopped/grated vegetables- 1 cup chopped onion, 1 cup grated carrot, 1/2 cup chopped french beans & 1/4 cup frozen/fresh green peas. (Variations-Broccoli, Capsicum, boiled & grated Beetroot). either make it in oil or A2 COW GHEE

11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup

01:30 PM **LUNCH**

PM
Kachumber Salad - 1.0
Small Bowl
Fenugreek Leaves
Pumpkin Dry Vegetable -
1.0 Small Bowl
Jowar Bhakri With Less
Ghee - 1.0 Medium

04:30 **EVENING SNACKS**
PM
Roasted Makhana Without
Ghee - 1.0 Small Bowl
Soaked Almonds With Skin
- 5.0 Number
Soaked Walnuts - 2.0
Number

07:30 **DINNER**
PM
Tossed Green Salad - 1.0
Small Bowl
Onion Tomato Uttapam -
2.0 Number
Nariyal Chutney - 1.0 Tsp

08:00 **DETOX**
PM
Jeera Water - 1.0 Small
Glass

01:30 **LUNCH**
PM
Carrot Cucumber Salad -
1.0 Small Bowl
Bhindi Pyaaz Sabji - 1.0
Medium Bowl
Jowar Bhakri With Less
Ghee - 1.0 Medium

04:30 **EVENING SNACKS**
PM
Coconut Water - 1.0 Small
Glass
Tender Coconut Malai - 1.0
Small Bowl

07:30 **DINNER**
PM
Carrot Cucumber Onion
Salad - 1.0 Small Bowl
Bhindi Pyaaz Sabji - 1.0
Medium Bowl
Jowar Bhakri - 1.0 Regular
Size

08:00 **DETOX**
PM
Jeera Water - 1.0 Small
Glass

Carrot Cucumber Salad -
1.0 Small Bowl
Moong Dal Khichdi - 1.0
Medium Bowl
Curd - 1.0 Small Bowl

04:30 **EVENING SNACKS**
PM
Vegetable Sandwich - 1.0
Sandwich (2 slices, 4"
bread)

07:30 **DINNER**
PM
Carrot Cucumber Onion
Salad - 1.0 Small Bowl
Quinoa Vegetable Upma -
1.0 Medium Bowl

08:00 **DETOX**
PM
Jeera Water - 1.0 Small
Glass

Day 4

- 08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass
JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER.
- 08:01 AM **EARLY MORNING OPTION 2**
Basil Seed Water - 1.0 Small Glass
BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes15minutes before your breakfast, lunch & dinner
- 10:00 AM **BREAKFAST**
Oats Vegetable Cheela - 2.0 Number
Pudina Chutney - 1.0 Tsp
either make it in oil or A2 COW GHEE OATS CHEELA- RECIPE IN GUIDELINES PDF
- 11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup
- 01:30 PM **LUNCH**
Boiled Beetroot Slice - 4.0 Slice
Sprouted Green Gram Gravy - 1.0 Small Bowl
Jowar Bhakri - 1.0 Regular Size
- 04:30 PM **EVENING SNACKS**
Pomegranate - 1.0 Small Bowl
- 07:30 PM **DINNER**
Vegetable Barley Upma - 1.0 Medium Bowl
White Sesame Seeds - 1.0 Gm
- 08:00 PM **DETOX**
Jeera Water - 1.0 Small Glass

Day 5

- 08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass
JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER
- 08:01 AM **EARLY MORNING OPTION 2**
Basil Seed Water - 1.0 Small Glass
BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes15minutes before your breakfast, lunch & dinner
- 09:00 AM **BREAKFAST**
Sesame Pumpkin Millet Paratha With Less Ghee - 1.0 Regular Size
Green Chutney - 1.0 Gm
use jowar flour to make paratha, add boiled pumpkin, mixture of black & white sesame seeds, deseeded green chillies, grated carrot, boiled-peeled-grated beetroot (optional), boiled sweet potato if available, 2-3 pinch of amchur powder/chaat masala, no red chilli flakes. USE 1TSP DESI A2 COW GHEE WHILE KNEADING, use luke warm water, can add 2 tablespoon riceflour for binding
- 11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup
- 01:30 PM **LUNCH**
Boiled Beetroot Slice - 4.0 Slice
Barley Vegetable Khichdi - 1.0 Medium Bowl
Mint Coriander Buttermilk - 1.0 Small Glass
- 04:30 PM **EVENING SNACKS**
Tender Coconut Malai - 1.0 Small Bowl
- 07:30 PM **DINNER**
Pesto Paneer Salad - 1.0 Medium Bowl

Day 6

- 08:00 AM **EARLYMORNING**
Jeera Water - 1.0 Small Glass
JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER
- 08:01 AM **EARLY MORNING OPTION 2**
Basil Seed Water - 1.0 Small Glass
BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes-15minutes before your breakfast, lunch & dinner
- 09:00 AM **BREAKFAST**
Vegetable Poha Without Peanut - 1.0 Small Bowl
Coconut Chutney - 1.0 Tsp
Green Chutney - 1.0 Gm
- 11:00 AM **MORNING TEA**
Green Tea Without Sugar - 1.0 Small Cup
- 01:30 PM **LUNCH**
Boiled Beetroot Slice - 4.0 Slice
Vegetable Pulao With Raita - 1.0 Serving (1 Medium Bowl Pulao + 1 Small Bowl Raita)
- 1.0 Serving (1 Medium Bowl Pulao + 1 Small Bowl Raita)
- 04:30 PM **EVENING SNACKS**
Watermelon - 1.0 Small Bowl
- 07:30 PM **DINNER**
Carrot Cucumber Salad - 1.0 Small Bowl
Pav Bhaji Without Pav - 1.0 Small Bowl
Jowar Bhakri - 1.0 Regular Size
- 08:00 PM **DETOX**
Jeera Water - 1.0 Small Glass

PESTO CHEESE: 250 gms basil leaves, 3-4 soaked walnuts/pinnuts, 50gms spinach, Add 2 cloves of garlic and 1 tsp extra virgin olive oil, blend it all nicely, grill 50 gms of paneer and then add the pesto, add salt to taste

08:00
PM

DETOX

Jeera Water - 1.0 Small
Glass

Day 7

08:00 EARLYMORNING

AM **Jeera Water** - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER

08:01 EARLY MORNING OPTION 2

AM **Basil Seed Water** - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes-15minutes before your breakfast, lunch & dinner

09:00 BREAKFAST

AM **Pomegranate Guacamole** - 1.0 Small Bowl

RECIPE FOR GUACAMOLE (MAKES 2 PORTION)-1 whole ripe avocado, 1 medium size onion chopped, 2 TBSP fresh coriander chopped, 1tsp chopped garlic, handful of olives (black/green), finely chopped jalapeno, 1 green chilli chopped, mixed herbs (ITALIAN SEASONINGS), drizzle a dash of olive oil. (BE CAREFUL OF TABLE SALT AS SOME HERBS/SEASONINGS HAVE ADDED SALT)

11:00 MORNING TEA

AM **Green Tea Without Sugar** - 1.0 Small Cup

01:30 LUNCH

PM **Kachumber Salad** - 1.0 Small Bowl
Dal Paratha With Oil - 1.0 Regular Size
Pudina Chutney - 1.0 Tsp

04:30 EVENING SNACKS

PM **Makhana Bhel** - 1.0 Small Bowl

07:30 DINNER

PM **Multigrain Bread Vegetable Sandwich** - 1.0 Sandwich (2 slices, 4" bread)
Pudina Chutney - 1.0 Tsp

Day 8

08:00 EARLYMORNING

AM **Jeera Water** - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER.

08:01 EARLY MORNING OPTION 2

AM **Basil Seed Water** - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes-15minutes before your breakfast, lunch & dinner

09:00 BREAKFAST

AM **Coconut Ragi Porridge** - 1.0 Small Bowl

Mixed Nuts - Almond, Cashewnut, Walnut, Pista - 1.0 Small Bowl

4 tbsp ragi flour/powder- mixed in normal 1/2 glass drinking water-to form slurry, no lumps to be formed. Meanwhile heat 1 GLASS drinking water in vessellet it get warm & add slurry to this water by STIRRING CONTINUOUSLY. ADD 1 glass thick coconut milk, let it get warm on the LOWEST FLAME POSSIBLE. (coconut milk when boiled with high heat tends to curdle, hence the flame must be lowest), once boiled- pour on a glass bowl, add chopped mixed nuts, add good quality jaggery/ coconut sugar for sweetness.

11:00 MORNING TEA

AM **Green Tea Without Sugar** - 1.0 Small Cup

01:30 LUNCH

PM **Tomato Onion Carrot Cucumber Salad** - 1.0 Small Bowl
Dal Makhani With Ghee - 1.0 Small Bowl
Jowar Bhakri - 1.0 Regular Size

04:30 EVENING SNACKS

PM

Day 9

08:00 EARLYMORNING

AM **Jeera Water** - 1.0 Small Glass

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08:01 EARLY MORNING OPTION 2

AM **Basil Seed Water** - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes-15minutes before your breakfast, lunch & dinner

09:00 BREAKFAST

AM **Oats Porridge With Milk & Nuts** - 1.0 Medium Bowl

use almond milk/ coconut milk or else just simple cook in water, add nuts & coconut sugar

11:00 MORNING TEA

AM **Green Tea Without Sugar** - 1.0 Small Cup

01:30 LUNCH

PM **Carrot Cucumber Salad** - 1.0 Small Bowl
Whole Green Gram Sprouts In Coconut Curry - 1.0 Medium Bowl
Jowar Bhakri - 1.0 Regular Size

04:30 EVENING SNACKS

PM **Pomegranate** - 1.0 Small Bowl

07:30 DINNER

PM **Mixed Vegetable Paratha With Less Ghee** - 1.0 Regular Size
Curd - 1.0 Small Bowl

08:00 DETOX

PM **Jeera Water** - 1.0 Small Glass

08:00 **DETOX**
PM **Jeera Water** - 1.0 Small
Glass

Plain Roasted Makhana -
1.0 Small Bowl

07:30 **DINNER**
PM **Spring Onion Salad** - 1.0
Small Bowl
Broken Wheat Vegetable
Upma With Ghee - 1.0
Medium Bowl

08:00 **DETOX**
PM **Jeera Water** - 1.0 Small
Glass

Day 10

08:00 **EARLYMORNING**

AM **Jeera Water** - 1.0 Small Glass

JEERA WATER- 1 glass drinking water, 1 teaspoon jeera, BOIL TOGETHER, COOL DOWN TO LUKEWARM TEMPERATURE, STRAIN & DRINK EARLY MORNING BEFORE BREAKFAST & 30 MINUTES POST LUNCH & DINNER.

08:01 **EARLY MORNING OPTION 2**

AM **Basil Seed Water** - 1.0 Small Glass

BASIL SEED WATER/ SABZA SEED WATER-SOAK 1/2 TEASPOON SABZA SEEDS/BASIL SEED in 1 glass normal drinking water, Have it 10minutes-15minutes before your breakfast, lunch & dinner

09:00 **BREAKFAST**

AM **Poha With Sprouts and Spinach** - 1.0 Medium Bowl
Mint Coriander Chutney - 1.0 Tsp

11:00 **MORNING TEA**

AM **Green Tea Without Sugar** - 1.0 Small Cup

01:30 **LUNCH**

PM **Rice Dal Khichdi** - 1.0 Medium Bowl
Spiced Buttermilk - 1.0 Small Glass

04:30 **EVENING SNACKS**

PM **Muskmelon** - 1.0 Small Bowl

07:30 **DINNER**

PM **Boiled Beetroot Slice** - 4.0 Slice
Masoor Daal - 1.0 Small Bowl
Jowar Bhakri - 2.0 Small

08:00 **DETOX**

PM **Jeera Water** - 1.0 Small Glass