

Wake up & drink – Hot Water with fresh lime, 1-2 fresh ginger slices, few sprigs of mint. Allow to infuse for 5-10 minutes then drink.

Morning Breakfast:

Fruits (*add a sprinkle of mixed seeds) + Vegetable Paratha with Curd & Green Chutney

Seed Sprinkle

120g Flaxseeds (Linseeds), 30g Sesame Seeds, 30g Pumpkin Seeds, 30g Hemp Seeds, 30g Sunflower Seeds, 30g Chia Seeds

Prepare the mix and store in a jar in a cool dark place. Always shake before taking a serving.

Tea – Reduce Tea intake to 1 cup. Have your tea 20-30 minutes after breakfast.

Lunch: Lots of Veggies (cooked or raw) + Protein – Beans/ Lentils/ Sprouts
Small portion of rice or roti. Have either rice or roti, not both together.

Make sure there is a source of protein in all meals.

1 Tablet of Metabolism Booster

10 min walk post lunch + 1 cup warm water with lime or cumin seeds

Snack options:

Sprouts Chaat with tamarind chutney

Oats Tikki with green coconut chutney

Ragi Crackers with Hummus/ Green coconut chutney

Mixed Vegetable Patties with mint chutney

6-7pm: Dinner:

Salad, Sabzi & Soup

Make sure there is a source of protein in all meals.

Avoid having roti or rice in the evenings.

1 scoop of the supplement powder in 300ml water

Herbal Tea can be had post dinner – camomile, peppermint, herbal infusion or any other

Please do not keep any unhealthy foods in the house. Have them occasionally.

*If you are going to be staying up late, have a cup of soup which will fill up your stomach, but is still light on the digestive system.

Over the weekends when you do go out to eat, be mindful of the choices.

Avoid dense carbs like breads/ rice/ pasta in the evening. Have for lunch if you choose to have these options.

Best is to start off with a soup, then have a salad and end with a main. By this time you would only want a smaller portion of the meal.

RECIPES

Carrot, Beetroot & Lentil Patties

Ingredients

150g cooked dal
75g grated carrot
75g grated beetroot
1 onion chopped
1 tomato chopped
½ tsp chopped garlic
¼ tsp turmeric powder
½ tsp coriander powder
½ tsp cumin powder
1 tbsp chopped coriander
2-3 tsp garam masala
½ tsp chopped ginger (optional)
½ tsp chopped green chillies (optional)
1 tsp virgin coconut oil
Pinch of rock salt

Method

1. Heat the oil and add the onions, garlic and ginger sauté till onions are soft and start browning. Then add the tomatoes, turmeric, coriander powder, cumin powder and garam masala and cook till tomatoes are soft.
2. To this mix add the cooked dal, grated carrot and beetroot. Add a little water, salt to taste and cook till the mix is semi dry. Remove from flame, mix in the coriander and allow to cool.

Note: Form small patties and coat with the ground oats (optional). Pan cook with ghee/ coconut oil till golden brown on both sides.

Mexican Bean Burger

2 cans kidney beans (drained and rinsed)

100g rolled oats, ground
2 tsp mild chilli powder
Small bunch coriander
Tomato Salsa*
150 ml low-fat natural yoghurt
Juice of 1 lime
1 ½ Avocado
Sliced Red Onions
Mixed Leaf Salad
Black pepper

1. Heat grill to high. Tip the beans into a large bowl and roughly crush with a potato masher. Use a food processor to break up the oats into 'breadcrumbs'. Add the oats, chilli powder, coriander stalks and ½ the leaves, and 2 tbsp salsa, season to taste, then mix together well with a fork.
2. Divide the mixture into 12, then wet your hands and shape into burgers (The burgers can be frozen at this stage). Place on a non-stick baking tray, then grill for 4-5 mins on each side until golden and crisp. To cook from frozen, bake at 200C/fan 180C/gas 6 for 20-30 mins until hot through.
3. While the burgers are cooking, mix the remaining coriander leaves with the yogurt, lime juice and a good grind of black pepper. This can be enjoyed with lime yogurt and some salsa, then serve with the sliced onion, avocado and mixed leaf salad.

Baked Ragi Crisps with Sprout Topping and Tamarind Chutney

Ragi Crisps

Ingredients

150 g ragi/ red millet flour
75 g multi grain flour
2 tbsp finely chopped fenugreek leaves
2 tsp sesame seeds
¼ tsp chilli powder
¼ tsp turmeric powder
1 tsp jaggery, dissolved in 2 tsp water
½ tsp olive oil
Pinch rock salt
½ tsp olive oil

Sprout Topping (can be had as a snack on its own)

Ingredients

30g Mung sprouts
½ Red pepper, diced
½ Yellow pepper, diced
1 small Carrot, grated
1 tbsp chopped Coriander leaves

Tamarind Chutney

Ingredients

30g Tamarind
1 tbsp Jaggery
½ tsp Roasted cumin
½ tsp Red chilli powder

Pinch of rock salt

Method

1. **Ragi Crisps:** Combine all the ingredients together in a bowl and knead into soft dough using enough water. Keep aside for 10 minutes. Knead again using ½ tsp of oil till smooth and divide the dough into 15 to 20 equal portions. Roll out each portion into thin puris, cut into triangles and prick with a fork. Arrange the puris on a greased baking tray and bake in a pre-heated oven at 150°C till crisp. Cool and store in an air-tight container.
2. **Sprout Topping:** Combine all the ingredients and toss well.
3. **Tamarind Chutney:** Soak the tamarind in hot water for 15 minutes. Strain it into a pan and add the jaggery, chilli powder, cumin, salt and mix well. Cook again on medium flame till jaggery dissolves completely and the chutney gets semi thick (not too thick).
4. Arrange the ragi crisps on a tray and top it up with the sprout mix and serve with the tamarind chutney on the side.

Tomato Salsa

Ingredients

1 small red onion
4 plum tomatoes
2 tbsp coriander
1 lime, juiced
1-2 cloves garlic
1 red chilli peppers
1 jalapeno pepper
Pinch rock salt

1. Place the tomatoes in a bowl of boiling water and prick. As soon as the skin starts to crack, peel and remove. Cut in half and scoop out the seeds.
2. Finely dice the onion. Chop the coriander. Crush the garlic and chop the chilli and jalapeno (remove the seeds of the chilli and set to one side, add if you like it spicy)
3. Mix all the ingredients together and squeeze over the lime juice. If you want a smoother sauce you can blend this quickly in a food processor with some canned chopped tomato or passata.