

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.

Best time to get in some exercise

11am:

Vegetable Paratha (use a blend of whole grain flours, try to get one without gluten – you can use a variety of vegetables, and herbs and spices like turmeric, cumin, coriander, mint etc.) – portion is 2 small

Besan Chillas – (mix in a variety of vegetables, and herbs and spices like turmeric, cumin, coriander, mint etc.) - portion is 2 small

Sprouts Chilla - portion is 2 small

Mid-Morning – Chia Seed water

Lunch: Lots of Veggies (cooked or raw) + Protein – Beans/ Lentils/ Sprouts/ Egg
You can have this as a salad or if having cooked veggies with 1-2 small roti or 1 small katori brown rice

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

Snack options: Handful soaked nuts + 1 apple/ pear

6-7pm: Dinner:

Vegetable & Lentil Soup

Roasted/ grilled/ stir fry – vegetables + protein

Avoid having roti or rice in the evenings.

Some options for dinners that could be prepared and frozen are Vegetable Bakes, Burger patties or any other meal you have prepared. Always remember to freeze individual portions. Smoothie bags can also be made and frozen.

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

If you find yourself with out healthy meals that you have made, choose to buy foods from places that do healthy options.

But the key is to prepare in advance and have home-made frozen meals that can come in handy in these situations.