

Diet Plan-S1

Balanced

Client Name : Prathibha

First thing in Morning



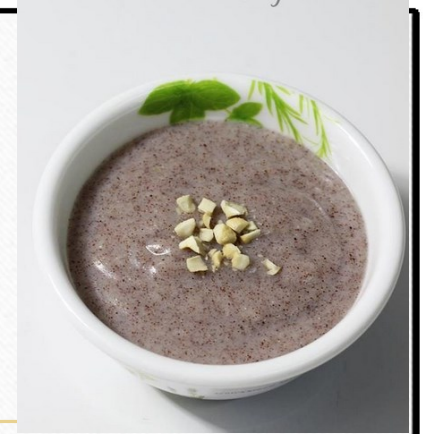
- 1. **First Week & Second week : GREEN JUICE** for detox: Half bunch Spinach, Half bunch Coriander Leaf , Handful mint leaf, 1 full cucumber, Juice from 1 big lemon, $\frac{1}{2}$ inch piece ginger, 2 cloves garlic **Methods to Prepare a Green Juice** - Blend everything in the blender or mixi, Do not filter or do not use juicer because it will lose all its fiber if it is strained. It would be 1-2 glass of quantity- Have it in empty stomach first thing in morning.
- 2. **Second/Third week On wards : Turmeric Drink-** Half tea spoon Gram of Turmeric + Pinch of Black pepper and 2 Cloves of Garlic and 1 inch of Ginger and Boil it in 250 ml water for 5 mins - at the end add 1 half lemon juice and 10 ml coconut oil to the mixture of above drink.

Before Workout and After Workout

- Pre workout : None for 2 weeks
- Mid Workout/During workout : Drink water and Keep hydrated

Break fast

- Option – 1 – 50 Gram Oats with vegetables
- Option – 2 – 50 Gram Quinoa upma/palao
- Option – 3 – 2 Jowar roti with rajma or chana curry
- Option – 4 – 50 gram Raagi malt or 2 Raagi dosa or 2 Pesarattu.
- Option – 5 – 50 Gram Little Millet or Foxtail millet or Barley upma/kichdi
- Option – 6 – Boiled Egg or Omlette- 3 whole eggs or 4 Egg whites.





Lunch :

(Note : Have 10 Ml of Apple Cider vinegar in 1 Glass of water
15 Mins before lunch)



Sl No.	Priority foods (Protein rich/fiber rich)	Complex Carbs & Veg
Option 1.	50 Gram Quinoa + 20 Gram Daal Kichdi	With 100 gram vegetable and greens
Option 2.	3 Whole eggs	with 50 gram Brown rice or Red rice
Option 3.	70 Gram Black beans or Soya beans or Rajma	with 50 gram Brown rice or Red rice
Option 4.	70 Gram Paneer	with 2 Raagi roti or 2 Millet roti.
Option 5.	70 gram Hyacinth Bean curry or Rajma curry	With 50 gram Jowar Roti/ragi or b/rice
Option 6.	70 Gram Daal or Mung beans or Rajma	With 50 gram Jowar or ragi or b/rice
Option 7.	70 Gram Millet Pulao or biryani.	With 100 gram vegetable and greens
Option 8	100 Gram Chicken/100 Gram Fish	with 50 Gram Brown or Red rice

Evening snack- Healthy Fats

- **Option – 1** – 12 Badam with 1 spoon chia seeds or sabja seeds
- **Option – 2** – 5 Walnuts with 1 spoon Sabja seeds
- **Option – 3** – 5 Brazil nuts with 1 spoon Sabja Seeds



Dinner:

(Note : Chew ¼ Inch RAW GINGER 5 Mins before lunch)

Sl No.	Priority foods (Protein rich/fiber rich)	Complex Carbs & Veg
Option 1.	50 Gram Quinoa + 20 Gram Daal Kichdi	With 100 gram vegetable and greens
Option 2.	3 Whole eggs	with 50 gram Brown rice or Red rice
Option 3.	70 Gram Black beans or Soya beans or Rajma	with 50 gram Brown rice or Red rice
Option 4.	70 Gram Paneer	with 2 Raagi roti or 2 Millet roti.
Option 5.	70 gram Hyacinth Bean curry or Rajma curry	With 50 gram Jowar Roti/ragi or b/rice
Option 6.	70 Gram Daal or Mung beans or Rajma	With 50 gram Jowar or ragi or b/rice
Option 7.	70 Gram Millet Pulao or biryani.	With 100 gram vegetable and greens
Option 8	100 Gram Chicken/100 Gram Fish	with 50 Gram Brown or Red rice

Foods to avoid if your trying to lose weight

- 1. Bread & Biscuits and all processed foods
- 2. Sugar and beverages and carbonated drinks
- 3. No naan , or paratha
- 4. You can have One seasonal fresh fruit a day- avoid too many fruits.
- 5. Cheat meal of rice once a week.

Other instructions :

- 1. Limit oil while cooking not more than 10 ml
- 2. You can use ghee or coconut oil
- 3. You can use olives but don't do high flame cooking.
- 4. Drink 3 to 4 Litres water
- 5. Sleep for 8 hours and manage stress.
- 6. Exercise at gym or Walk or do Yoga, or Home exercise
- 7. You can drink plain tea or coffee but no milk or sugar.
- 8. Limit Soya 3 times a week
- 9. Limit Cruciferous vegetables to 3 to 4 times a week
- 10. All Quantities mentioned in diet chart are before cooking.
- 11. For fiber add Vegerables and greens in Lunch and dinner you can add any 2 of this greens - Spinach/ Lettuce/Methi and Cucumber and carrot or any other vegetables
- 12. Millet options : Foxtail millet (navane), Araka millet (kodo), Little millet (samai), Brown top (korale), Horsegram (Huruli kalu)