

1509

Early Morning (6:30 – 7:30 a.m.)

2 teaspoons of fenugreek seeds soaked overnight in 1 cup of water

Breakfast (7:30 – 8:30 p.m.)

2 idlis with 1 cup sambar and ¼ cup coconut chutney + 1 cup green tea + 4 almonds

Mid-Morning (10:00 – 10:30 a.m.)

1 fruit of your choice

Lunch (12:30 – 1:00 p.m.)

2 rotis + 1 serving white rice + 1 cup dal + 1 cup mixed vegetable curry + 1 cup salad + 1 cup buttermilk (after 20 minutes)

Post Lunch (3:30 – 4:00 p.m.)

1 cup moong bean sprouts, 15 peanuts with salt pepper and lemon to taste Or 1 cup cucumber and carrot slices

Dinner (7:00 – 7:30 p.m.)

2 rotis + ½ cup mixed vegetable curry / chickpeas + 1 cup low-fat curd + 1 cup salad + 1 cup warm skim milk with a pinch of turmeric before bed

1497

Early Morning (6:30 – 7:30 a.m.)

1 cup fenugreek soaked water/ 1 cup chia seeds soaked in water

Breakfast (7:30 – 8:30 p.m.)

2 moong daal crêpes + 1 cup green tea + 4 almonds

Mid-Morning (10:00 – 10:30 a.m.)

1 cup seasonal fruits

Lunch (12:30 – 1:00 p.m.)

2 rotis or 1 serving of rice + 1 cup vegetable curry + ½ cup lentil curry + 1 cup salad + 1 cup low-fat curd

Post Lunch (3:30 – 4:00 p.m.)

1 cup coconut water + ½ cup grapes/watermelon

Dinner (7:00 – 7:30 p.m.)

2 rotis + ½ cup mushroom/tofu curry + ½ cup blanched spinach/broccoli + 1 cup warm milk with a pinch of turmeric before bed

1536

Early Morning (6:30 – 7:30 a.m.)

1 cup water with juice of half a lime/ 10 ml amla juice

Breakfast (7:30 – 8:30 p.m.)

1 cup vegetable oats + 1 cup green tea + 4 almonds/walnut

Mid-Morning (10:00 – 10:30 a.m.)

1 cup freshly pressed fruit juice

Lunch (12:30 – 1:00 p.m.)

½ cup white rice + 1 roti (with or without ghee) + 1 cup rajma + 1 cup salad + 1 cup buttermilk

Post Lunch (3:30 – 4:00 p.m.)

1 fruit of your choice

Dinner (7:00 – 7:30 p.m.)

2 rotis + ½ cup daal + 1 cup vegetable stew + ½ cup salad + 1 piece of dark chocolate + 1 cup warm milk before bed

1486

<p>Early Morning (6:30 – 7:30 a.m.) 1 cup water with juice of half a lime/ 10 ml wheatgrass juice Breakfast (7:30 – 8:30 p.m.) ½ cup vegetable upma + 1 cup milk / green tea + 2 almonds Mid Morning (10:00 – 10:30 a.m.) 1 cup seasonal fruits Lunch (12:30 – 1:00 p.m.) 2 rotis + 1 cup vegetable curry + 1 cup lentil/beans + ½ cup salad + ½ cup low-fat curd Post Lunch (3:30 – 4:00 p.m.) 1 cup coconut water or freshly pressed fruit juice or green tea Dinner (7:00 – 7:30 p.m.) 1 roti or 1 serving of brown rice + 1 cup daal/mushroom + ½ cup boiled vegetables + 1 cup warm milk before bed</p>

Foods To Eat

Veggies	Broccoli, Tomato, Cabbage, Cauliflower, Snake Gourd, Bitter Gourd, Spinach, Bell Pepper, Bottle Gourd, Green Chili, Pumpkin, Okra, Eggplant, Radish, Turnip, Carrot, Beetroot, Sweet Potato, Potato With Peel, Radish Greens, Peas, Summer Squash, And Green Beans.
Fruits	Apple, Banana, Grapes, Lime, Lemon, Orange, Pear, Blueberry, Pineapple
Protein	Beans, Lentils, Soybeans, Tofu, And Legumes. Eggs
Grains & Bread	Oats, Wheat, Buckwheat, Barley, Sorghum (ज्वार), Amaranth (चौलाई), And Quinoa. Brown Rice, (Raw Quantity 30gm/meal)
Fats & Oils	Olive Oil, Rice Bran Oil, And Ghee (Clarified Butter).
Seeds & Nuts	Almonds, Walnuts, Pumpkin Seeds, Flax Seeds, Sesame Seeds, And Sunflower Seeds.
Beverages	Freshly Pressed Fruit And Vegetable Juices, Coconut Water, Buttermilk, Green Tea, Herbal Tea, And Black Coffee.
Herbs & Spices	Cinnamon, Cardamom, Turmeric, Nutmeg, Black Pepper, Star Anise, Cayenne Pepper, Cumin Powder, Coriander Powder, Cilantro, Oregano, Dill, Clove, Saffron, Fennel Seeds, And Fenugreek Seeds.
Dairy	Yogurt, Paneer, And Curd, Butter Milk

Drink 3ltr Water

Daily oil Consumption in meal 5-15gm

Replace white sugar with jaggery

Avoid Junk sugar product strictly

WRITE DOWN YOUR DAILY CALORIES INTAKE IN “AURA GYM APK”

