





Your Personalised Lifestyle Plan



**Customised
Diet plan**

**Your
Activity
plan**

**Your mental
wellness
plan**



CUSTOMISED DIET PLAN



IMPORTANT GUIDELINES FOR DIET MANAGMENT

Do's

1. VEGETABLES – Eat as many different kinds as you can
2. LEAFY GREEN – Eat at least 2 times a week
3. OILS – Preferably Cook in Olive oil / coconut oil or Clarified butter
4. FRUITS - Eat, don't juice them

Don'ts

1. SUGAR AND SUBSTITUTES – to be reduced. Limit to 1-2 tsp a day.
2. FRIED FOOD – Avoid oily & deep fried food
3. FAST FOOD – Avoid or Max once a week
4. PACKAGED FOOD – Indian snacks, Chips, any packed food to be avoided

IMPORTANT GUIDELINES

Do's

5. MILK – Preferably Cow's milk or Vegan milk (If using Cow's milk -Skim the Milk by Removing the Cream 2 times after boiling.
6. WATER – Drink a glass 30 mins before meals. Approx - 3 lts a day
7. CEREALS – Add variety – Wheat atta, Ragi, Bajra/ Jowar(BAJRA IN WINTERS & JOWAR IN SUMMERS), brown rice, millets

Don'ts

5. AERATED DRINKS / JUICES/ ALCOHOL - Avoid / Limit / Ask us for the quantity
6. REFINED FLOUR (Maida) – Cookies, White bread, Naan, Kulcha, Paratha, Roomali roti.
7. SALTY FOODS – Like pickle, Papad, Processed foods, Salty snacks. Max 1 tsp of salt a day.

IMPORTANT GUIDELINES

Do's

8. PULSES – eat variety. Soak overnight before cooking. Use 1:3 ratio of dal to water. Add Vegetables or leafy greens
9. RICE – Drainage method. Boil & discard excess water.

Don'ts

- 8.Others – Sweet saunf, Toffee & Candy, Peppermint
- 9.EXTREMES – Feasting on day of fasting
- 10.Fats– like Butter , Cheese, Re-Used oils. Refined oils



How to Plan your NEXT DAY MEAL MENU

- 1 Try consuming 2 cups of vegetables daily. Leafy greens at least 3 times in a week**
- 2 Consume At least 1 cup of fruit a day. Best time to Consume fruit - Morning to Midday (till 4 pm)**
- 3 Atleast 1 cup curd daily**
- 4 Legumes or lentils in atleast 1 meal**



Special Note for Non Vegetarians

- 1 Try consuming Non Veg without Skin**
- 2 Boiled / Roasted / Shallow fried is allowed.**
- 3 Try avoiding Deep fried .**
- 4 Give preference to sea foods than other Non Veg**

EARLY MORNING

1

On Waking

1 Glass
Normal /
Lukewarm
water

15 mins after waking

Eat Soaked
Dry fruits

2

NOTE

3

4 Overnight soaked Almonds + 1 Walnut + 5
Raisins

BREAKFAST

1

OPTIONS

1. Veg Sandwich / Chicken Sandwich
2. Steamed Sprouts / Boiled or steamed Kidney beans
3. Egg Omelette / Boiled Egg White / Egg Sandwich

2

NOTE

These are options for **BREAKFAST**, you can choose **ANY 1 FROM IT** .

MID-DAY

1

OPTIONS

- 1 Fruit / Fruit Chat /
Veg Salad
- 1 Glass Coconut Water /
Butter Milk / Lemon Water

2

NOTE

Consume only
Seasonal & Regional
Fruits & Vegetables

LUNCH

1

OPTIONS

- Parboiled Rice / Brown Rice
- Vegetables / Gravy Fish
- Veg Salad
- Vegan curd

2

NOTE

1. Every Lunch Meal should include Rice + Vegetable/Fish(seafood) + Veg salad + Curd
2. Veg salad can be as simple as just having Cucumber, Carrot, Onion, Tomato dressing with lime juice

EVENING SNACKS

1

OPTIONS

- **SNACKS** --- 1 Cup Fox nut/
Roasted **SEEDS**
- **DRINKS** --- Coconut
Water/Coffee / Black Coffee /
Green Tea

2

NOTE

- You can take Any of
the Option from
SNACKS along with
ANY OF THE
DRINKS

DINNER

1

OPTIONS

- Brown rice + Sauteed vegetables /Fish(Roasted)
- Chicken oats / chicken soup

2

NOTE

POST - DINNER

1

OPTIONS

1. Fennel Water
2. Skimmed Cow's milk with 2 dates/ 2 black rasins

2

NOTE

Soak 1 tsp of Fennel seeds for atleast 4-5 hours & boiled it 3 to 4 minutes. Take it lukewarm with 1 tsp lime juice

PRE PREPARATION PLAN

START WITH 1 WEEK OF REGULAR
WALK

**10,000 STEPS EVERY DAY / 30-45
MINUTES OF WALK DAILY**

Update Us regularly by sending pics
of your **TOTAL NUMBER OF STEPS** in a
Day

**AFTER 1 WEEK OF REGULAR PRE
PREPARATION PLAN YOU WILL BE
UPGRADED TO BEGINNER'S PLAN**



How to Stay Positive

1. Controlling Your Internal Response

2. Accept the situation

3. Remind yourself of things you're good at



4. Slow down your speech.

5. Stay humble and transparent

6. Think about happy things



*all the
best*