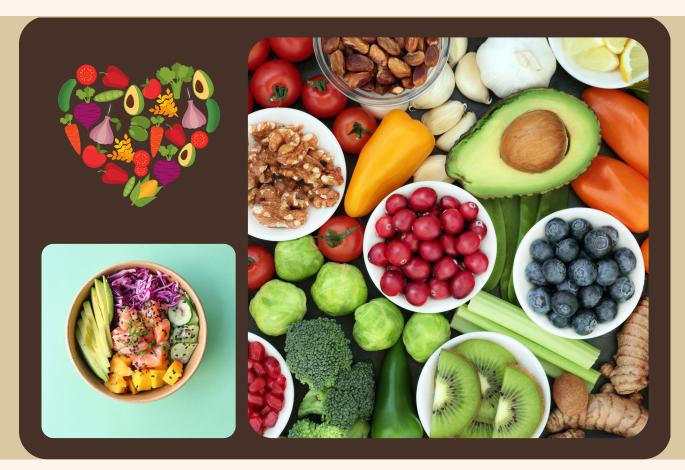
Your Personalised Lifestyle Plan

Customised Diet plan

Your Activity plan Your mental wellness plan

CUSTOMISED DIET PLAN



IMPORTANT GUIDELINES FOR DIET MANAGMENT DO'S DON'TS 1.VEGETABLES – Eat as many 1.SUGAR AND SUBSTITUTES

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

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

IMPORTANT GUIDELINES Do's Don'ts

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.

8.Others – Sweet saunf, Toffee &
Candy, Peppermint
9.EXTREMES – Feasting on day of fasting
IO.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

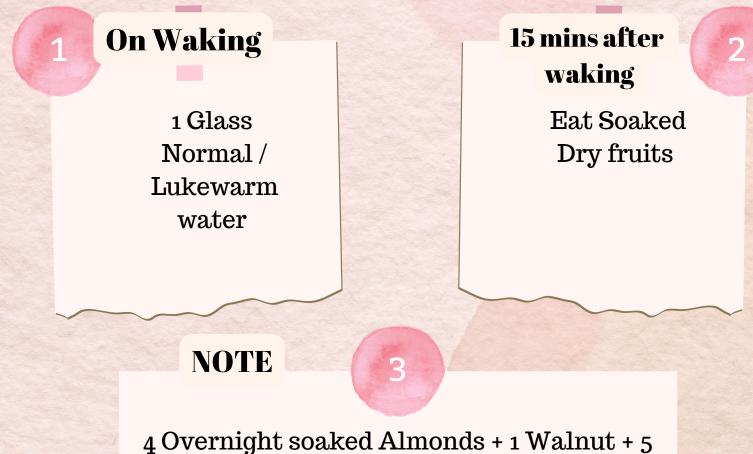


Special Note for Non Vegetarians



- 2 Boiled / Roasted / Shallow fried is allowed.
- **3 Try avoiding Deep fried .**
- 4 Give preference to sea foods than other Non Veg

EARLY MORNING



Raisins

BREAKFAST

OPTIONS

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

NOTE

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

MID-DAY

OPTIONS

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

NOTE

2

Consume only Seasonal & Regional Fruits & Vegetables

LUNCH

OPTIONS

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

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

OPTIONS

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

NOTE

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

DINNER

2

NOTE

OPTIONS

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

POST - DINNER

OPTIONS

1.Fennel Water

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

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



