

Natasha Kanade

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JYOTI YADHAV DIET SESSION 5

14 Hrs IF

DATE: 08/04/23 - 21/04/23

AGE	WEIGHT	HEIGHT	PREFERENCE	ALLERGIES
31 Years	53.2 kgs	152 cm	Veg	None

Link for the recipes: <https://transformwithnatasha.com/recipes/>

Request you to eat in the order of the sequence mentioned for the meals.

MEAL	TIME	MENU
ON- RISING	10:30 a.m.	1 Glass of warm water with 1 tsp coconut oil [cold pressed]
BREAKFAST	11:00 a.m.	5 Soaked almonds + 3 soaked walnuts + 1 Glass Flush (refer recipe) + 1 Fruit (bowl seasonal / apple)
MID- MEAL	12:30 p.m.	1 Glass of coconut water
LUNCH	01:30 - 02:00 p.m.	1 Cut veggies + 1 katori sabji + 1 katori dal (masoor, tur, moong, mixed)/ 1 bowl curd/ 1 katori paneer sabji [45 grams paneer] + 1 bowl brown rice Or 1 Bowl veg raita + 1 bowl sprouts khichdi / moong bajra khichdi (add veggies) (refer recipe) Or 1 Bowl veg raita + 1 bowl paneer tikka sabji / palak paneer (refer recipe) [add 45 grams paneer] + 1.5 small multigrain atta roti You can add 1 Tbsp. fermented vegetables (recipe attached)/ 1 Glass Kanji (refer recipe)

List of vegetables for salad / sabji mentioned below

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MEAL	TIME	MENU
POST-LUNCH	30 Minutes Interval	1 Bottle Infused water (recipe mentioned below; sip till evening) (Refrigerate if needed)
MID-SNACK	04:00 p.m.	1 Cup Greek yogurt (3-4 berries/ raisins)
	05:30 pm	1 Cup tea (less sugar) + 1 tbsp flax and pumpkin seeds
PRE-DINNER (20 mins)	08:00 p.m.	1 Tsp. isabgol in a glass of water/ 1 glass warm water
DINNER	08:30 p.m.	1 Katori broccoli broth [refer recipe] + 2-3 medium Sweet potato tikki {refer recipe} Or 1 Katori mix veg soup [refer recipe] + 1 Katori cucumber cooler salad Or 1 Katori lentil Soup [refer to the recipe] + 1 katori mixed vegetable salad (make your own style / choose from recipe) Or 1 Katori tomato soup [refer recipe] + 1 katori sprouts chaat[add veggies, shredded paneer] [refer recipe].
BED-TIME	11:00 p.m.	1 Glass of jeera and saunf water

VEGGIES FOR SALAD: Cucumber, Tomato, Capsicum, Cabbage, Bell Peppers, Bokchoy, Baby Spinach, Zucchini

DRESSING: Lime/Lime Vinaigrette/Apple Cider Vinegar

VEGGIES FOR SUBJI: Cabbage/Capsicum/Bell Peppers/Bottle Gourd/Ivy Gourd Spinach/Methi/Cauliflower/French Beans/Lady Finger/Amaranth Leave/Bok Choy/Eggplant/Kale

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INSTRUCTIONS:

- Minimal Salt & No Sugar
- Eat in the order of the sequence mentioned for the meals.
- Avoid High Sodium Foods, Canned Beverages, Farsan, Papad, Pickles
- Avoid Deep Fried, Sweets, Biscuits
- Have more than 14-15 Glasses of Water
- Keep the Portion Sizes in mind while following the Diet (Tbsp./Tsp./Bowl/Katori/Grams)
- 1 Bowl - 200ml / 1 Katori - 150ml / 1 Cup – 100ml (portion guide attached)
- Update your Weight on the 7th and 14th day of the Diet
- Maintain a Food Diary and Share Everyday (proven to be helpful)
- Get at least 7-8 hours of Sleep
- Cooking Oils - Coconut Oil / Ghee (max 2 Tbsp./day; use fresh oil) Or use cold- pressed - Groundnut/ Sunflower Oil
Olive oil – for Stir – fry only (avoid usage for high flame cooking method)

QUICK RECIPES

1. JEERA RECIPE: Boil 1 Tsp. Jeera & Saunf with 1 Glass of Water. Boil until Brown, Strain and Drink.
1. INFUSED WATER: Take a steel/glass Bottle and add a Cut Lime in Two Slices, 4-5 Mint Leaves, a Small Piece of Ginger, Sabja (if required). Let the water sit for 2 hours and you can have the water at once or take sips and finish in an hour.
1. FERMENTED VEGGIES: Cut 3 Veggies of your choice, (spring onion, cabbage, garlic, bell peppers, carrots, etc.). Take 2 Cups of Salt Water and 1 Tbsp. Mustard Seeds Powder. Mix all ingredients well in a Glass Jar, store it for 3 days in a dark corner place and wait for it to ferment.

Disclaimer: Dietary changes and guidelines given are individualized to the person's health and requirements. Apart from our support it is your determination that will help you become the best version of yourself. Kindly consult your doctor.

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Please note the diet services are non-transferable and non-extendable.