

KHUSHALI KOTHARI DIET SESSION 3 PHASE 2

AGE	WEIGHT	HEIGHT	PREFERENCE	ALLERGIES
23 yrs	37.7kgs	5'3"	VEG	None

SESSION 3 PHASE 2: 26 /11/2022 TO 28/08/2022

Note: The recipes are mentioned on the website – www.transformwithnatasha.com.

MEAL	TIME	MENU
ON- RISING	10:00 a.m.	1 glass Banana Date Milkshake
BREAKFAST	10:30 a.m.	<p>7 almonds + 3 walnuts (Overnight soak) + 1 cup Tea (less sugar)</p> <p>Made in butter-</p> <p>1 plate sabudana khichdi (add 2 tbsp peanut powder, add potato) + 1 katori curd.</p> <p>Or</p> <p>1 plate vermicelli upma+ ½ cube cheese (add veggies; refer recipe)</p> <p>Or</p> <p>3 Masala Dosa with cheese + 2 tbsp coconut chutney + 1 katori Sambhar</p> <p>Or</p> <p>3 medium Paneer Paratha/ Aloo cheese Paratha + mint Coriander chutney</p> <p>Or</p> <p>1 Vegetable cheese sandwich [refer recipe] [potato, corn, cheese,] [multigrain/white bread]</p>
MID- MEAL	12:00 pm.	½ Scoop Whey protein + 35 gm Oats
LUNCH	01:30 - 02:00 p.m.	<p>Made in ghee-</p> <p>1 bowl subji (veggies mentioned below) + 1 bowl dal (masoor, tur, moong, mixed) +1 plate white rice / 3 small multigrain roti + 1 bowl curd (1 time/ week)</p> <p>Or</p> <p>1 Bowl mutter paneer / palak paneer (100 grams paneer) + 1 cut cucumber/tomato + 300 gm white rice</p> <p>Or</p> <p>1 Bowl Chole/Rajmah/Sprouts + 300 gm white rice+ 1 bowl veg raita (curd+ veggies)</p> <p>Or</p> <p>3 paneer paratha (100gm paneer, add multigrain flour only) + 1 bowl veg salad</p> <p>You can add 1 Tbsp. homemade aachar (recipe attached)</p>

MEAL	TIME	MENU
PRE WORKOUT	30 Minutes Interval	1 Cup Black Coffee + 2 whole wheat toast + 1 tbsp Peanut butter + 1 banana
POST WORKOUT	05:00 p.m.	1 scoop whey [Isolate] + 30 grams glucon-d
	6:00 p.m.	2 open Toast with cheese. Or 100 gm Boiled sweet potato + 2 dates.
DINNER	08:00 p.m.	3-4 Avocado open toast sandwich/ spinach paneer open toast (refer to recipe) + 1 cheese cube Or 6-8 potato tikki + 1 bowl ragda + 80 gm paneer tikka. Or 1 bowl Paneer Subji [veggies mentioned below] + 1 bowl dal + 1 plate white rice+ 1 tbsp butter Or Rice [300 grams] + 1 Portion paneer (100 grams) curry/ gravy/ buji + 1 cut cucumber + 1 tbsp Butter.+ 2 Dates + 4 almonds Or 2 Paneer multigrain wrap (100g) (refer recipe, add veggies) + 1 cheese cube
BED-TIME	12:00 a.m.	½ scoop whey+ 1 cup Greek yogurt + 1 tbsp mix. Seeds. (seeds cycle)

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/Bokchoy/Eggplant/Kale

INSTRUCTIONS:

- Minimal Salt & No Sugar
- 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)

NUTRITIONAL SUPPLEMENTS (CONSULT YOUR DOCTOR)

- Start Multivitamins - Twice (breakfast and lunch)
- Vitamin C – Once (within the interval in meals)
- Omega 3 – Once (post breakfast)

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.

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