

KHUSHALI KOTHARI DIET SESSION 5 PHASE 2

AGE	WEIGHT	HEIGHT	PREFERENCE	ALLERGIES
23 yrs	37.5kgs	5'3"	VEG	None

SESSION 5 PHASE 2: 08/01/2023 TO 23/01/2023

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

MEAL	TIME	MENU
ON-RISING	10:00 a.m.	1 Scoop Creatine + 60 grams glucon-d
BREAKFAST	10:30 a.m.	1 Banana + 1 scoop whey + 80-100 gm oats + 4 almonds + little milk (blend and make in smoothie)
	11:30 am	200-250 gm Boiled sweet potato
LUNCH	01:30 - 02:00 p.m.	75 gm salad + 150grams paneer. + 60 gm Rajma + 250 gm white rice You can add 1 Tbsp. homemade aachar (recipe attached)

MEAL	TIME	MENU
PRE WORKOUT	30 Minutes Interval	1 Cup Black Coffee + 1 Apple + 3-4 whole wheat toast + 1 tbsp Peanut butter (full fat) + few raisins
POST WORKOUT	05:00 p.m.	1 scoop creatine + 50-60 gm Gatorade (glucose drink) + 2 banana After 10 min walk in treadmill 1 scoop whey [Isolate] + 50 gram oats powder
	6:30 p.m.	3-4 Khakhra / 1 bowl Channa corn chat + 4 dates + handful of dry fruits
DINNER	08:00 p.m.	50-gram cucumber + 120 grams paneer + 1 katori curd + 250 gm white rice

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.