





# 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 Mustard oil / coconut oil or ghee
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. DAL – 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 Vanaspati (hydrogenated fat), 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**

# 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 + 1  
Anjeer

# BREAKFAST

1

## OPTIONS

- Besan / Suji chilla / Brown Bread / Veg upma / Salted vermicelli / Veg Poha
- Herbal tea / Green tea

2

## NOTE

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



# MID-DAY

1

## OPTIONS

- 1 Bowl Fruit Salad
- 1/2 Cup Boiled Black Chana
- 1 Glass Coconut Water /  
Butter Milk

2

## NOTE

Consume only  
Seasonal & Regional  
Fruits & Vegetables

# LUNCH

1

## OPTIONS

- 2 Multigrain Chapatis / Stuffed Chapatti / Parboiled Rice / Brown Rice
- Vegetables / Gravy veg + Dals
- Veg Salad
- Crud / Veg Raita

2

## NOTE

1. Every Lunch Meal should include Chapati/Rice + Vegetable+Dals + Veg salad + Curd
2. You can take Bran / Oats / Multigrain Chapati
3. Veg salad can be as simple as just having Cucumber, Carrot, Onion, Tomato dressing with lime juice

# EVENING SNACKS

1

## OPTIONS

- **SNACKS** --- 1 Cup Makhana / Roasted Chana / Murmura / Homemade bhel
- **DRINKS** --- 1 Cup Coconut Water/ Green Tea

2

## NOTE

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

# DINNER

1

## OPTIONS

Missi roti + Soyabean sabzi +  
Salad

2

## NOTE

# POST - DINNER

1

## OPTIONS

Skimmed Cow's milk  
with Shakar / 2 dates/  
2 monaca(black rasin)

2

## NOTE

Soak 2 monaca for atleast 7-  
8 hours.

# 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*