

Meal & Lifestyle Plan

Name : Mr. Anjani Kumar.

Meal Timings	Menu	Home measurements
On waking 7:00 am	Lemon water	1 glass
7:15 am	Soaked Nuts (4 Almonds+ 1 Walnuts)	5 nos.
Work out	Walk/Jogging/Stretching exercise	45-60 mins
Breakfast 9:30 am	Roti + Vegetable OR Oats porridge (add veggies) (steel cut oats or rolled oats) OR Upma (Add veggies) OR Ragi Dosa + Corriander chutney(Less spicy)	2 nos. 1 bowl 1 bowl 1 bowl 2 no
Midmorning 11.30am	Fruit (sweet lime / Muskmelon / Apple/pear/guava/papaya/orange)	1 portion

	<i>Lemon water (Unsalted)</i>	<i>1 glass</i>
Lunch <i>1:00 pm</i>	<i>Salad (cucumber, onion, carrots, tomato)</i> + <i>Roti/Rice</i> + <i>Vegetable +</i> <i>Dal +Curd</i>	<i>1 quarter plate</i> <i>2 nos./ ½ bowl</i> <i>1 bowl</i>
5:00 pm	<i>Roasted Makhana</i> <i>Or</i> <i>Plain yougurt with veggies (Raita)</i> + <i>Sunflower seeds and pumpkin seeds</i>	<i>1 bowl</i> <i>1 bowl</i> <i>1 tsp each</i>
Dinner <i>9:30pm</i>	<i>Salad (cucumber, tomato, onion, carrot)</i> + <i>Roti OR Rice</i> + <i>Vegetable</i> + <i>Curd (unsweetened)/buttermilk</i> <i>OR</i> <i>Salad (cucumber, tomato, onion, carrot)</i> + <i>Vegetable soup/Dal khichadi</i>	<i>1 bowl</i> <i>2 nos. / ½ bowl</i> <i>1 bowl</i> <i>1 glass</i> <i>1 bowl</i> <i>1 bowl</i>
After Dinner	<i>Flaxseeds (ALSI)+Fennel seeds (Saunf)</i> <i>(Roasted)</i>	<i>1 tsp</i>

For high Uric acid levels,

Avoid high purine vegetable like spinach even Dried beans, Dals, Dried peas, soyabean, kidney beans have moderately high purine content.

Avoid meats such as liver, kidney.

Avoid shellfish like Crabs and Prawns.

Avoid alcohol especially beer and distilled liquor like Vodka, Gin, Taquilla and whiskey, Brandy, Rum.

Limit or avoid sugar-sweetened foods such as sweetened cereals, bakery goods and candies. Limit consumption of naturally sweet fruit juices.

For Hemorrhoids (Piles)

Deep fried foods and snacks are harder on the intestine tract and difficult to digest

Salty foods can lead to bloating and make hemorrhoids more sensitive.

Spicy food may increase pain and discomfort associate hemorrhoids.

Sit in warm bath or use ice pack or hemorrhoids cream by doctor prescription for fast relief.

Vegetables to be included- Spinach, Gourd varieties, Cauliflower, Cucumber , Pumpkin, Green leafy vegetables.

Fruits – Banana, Melons , Gauva , Pear and Berries, Apple.

Avoid sitting on one place for longer duration.

Drink Chia seed water through out a day.

Seated Side Bend (Parsva Sukhasana) / Seated Twist (Ardha Matsyendrasana)/Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana) / Supine Spinal Twist (Supta Matsyendrasana)

Try any of the above Assana with expert guidance which will help for better digestion.

DIETARY GUIDELINES

Oil – Filtered Ricebran oil (fortune, ricella, riso), Groundnut oil

Olive oil for stir fry/salad dressing

Oil Intake: 3-4 tsp/day

Water Intake: **3 L/day** OR 1 Glass(150ml) per hour

Meeting the water target is important for digestion and to avoid constipation.

- ✓ Ensure that you eat your meals on time and do not keep long gaps between meals.
- ✓ Eat balanced meals and eat every two hours to keep the metabolism high
- ✓ Never skip meals. If you skip a meal, you tend to overeat in the next meal.
- ✓ Eat slowly, savouring each bite. Don't gobble your food. Take atleast 15 to 20 minutes to finish your meal as your brain needs 20 minutes to signal that hunger is satisfied.
- ✓ Start your meal with salad or soup and then move on to your main meals.

- ✓ Salads and soups should be without croutons, cream, butter, cheese and high fat salad dressings.
- ✓ Avoid the products made from sugar, jaggery and honey.
- ✓ Restrict products made from Maida like bread, cookies, biscuits etc.
- ✓ Use toned cow's milk
- ✓ Have plenty of vegetables, green leafy vegetables, salads etc. in your day to day meals.
- ✓ Restrict papads, pickles, ketchups, canned foods etc.
- ✓ Avoid fruit juices and sodas like pepsi, cola.
- ✓ Restrict the intake of fresh coconut, dry coconut and groundnuts.
- ✓ Fruits should be eaten on an empty stomach or in between meals. Avoid eating fruits after meals
- ✓ The recommended cooking methods are steaming, boiling, baking, poaching, roasting, grilling, cooking in non stick vessels over frying. Please note, shallow frying needs more oil than deep frying.
- ✓ Hydrate yourself well, 1 glass of water every hour.
- ✓ Avoid drinking alcohol, tobacco chewing and cigarette smoking.

Fruit Portions -

- Apple/Pear/Guava: 1 medium
- Pomegranate: ½ bowl □ Orange: 1 medium □ Litchi- 4 no.
- Papaya: 1 bowl
- Pineapple: 3 slices
- Mango: 2 slices
- Watermelon: 1 bowl

- Banana: 1 elaichi banana / ½ regular banana □ Strawberries – 5-6 no. □ Cherries – 10 no. □ Chickoo- 1 small □ Grapes- 15 no.

Physical Activity –

- Walk 10,000-12,000 steps daily to burn fat.
- Regular moderate intensity exercise for 45 minutes will help to improve physical and mental health and promote sound sleep and increased stamina.

Tips for recording Weight –

- Always use the same weighing machine.
- Empty your bowels and bladder before weighing yourself
- It is advisable to take weight in the early morning on waking up at the same time.

-Reshma H. Joshi.
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