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## **EATING WINDOW**

**You can take lukewarm lemon water after waking up or methi seed water**

**MORNING snack AT 12PM-** 1glass ABC juice/coconut water

### **LUNCH [1-2pm]**

**3days-** 2oats roti+any sabji or dal+salad+curd

**2days-** kala chana curry+rice+salad+curd/rajma wrap

**1day-** 2slice wheat pizza

**1day-** meal of your choice

**EVENING SNACK-** milk tea/green tea with any seasonal fruit

### **DINNER [7-8pm]**

**3days-** 2 high protein chilla+chutney /sweet potato salad/pasta panner salad

**2days-** mix veg bowl+sprouts /masala oats

**2days-** panner tikka+salad/fruit custard

**BEDTIME-** 1cup chamomile tea

## **FASTING WINDOW OPTIONS**

**1. Cucumber mint juice**

- 2. Orange peel tea**
- 3. Chia seed Lemon water**
- 4. Coconut water**
- 5. Any fresh vegetable juice**
- 6. Ginger lemon tea**
- 7. Ash gourd/gheeya juice**
- 8. Turmeric tea at bedtime**

### **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

### **Sweet Cravings options:**

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

## **DOs / DONTs**

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Limit the intake of sweetened drinks like colas, juices, etc.
5. Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week. Rajma / chana / dals / paneer are not included under vegetable
6. Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.
7. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
8. Do not add extra salt in salads, curd, fruit salad. Avoid papad.
9. Always use low fat milk and its products.
10. Use gluten free atta for making roti.
11. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
12. Choose multigrain / wheat bread
13. Limit your sugar intake to not more than 2 tsp a day.
14. Manage your stress and Do some deep breathing at any time of the day.

