

▣

## **EATING WINDOW**

**You can take lukewarm lemon water after waking up or ajwain tea**

**MORNING snack AT 11AM-** ABC juice/1apple peanut butter

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

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

**2days-** soya pulao+buttermilk+salad /chole+RICE+salad+buttermilk

**1day-** 1makki roti+saag+salad

**1day-** meal of your choice

[you can also have carrot kanji]

**EVENING SNACK-** milk tea/green tea with 1bowl makhana

### **DINNER [6-7pm]**

**3days-** 2slice whole wheat pizza/makhana milk/hara bhara kakab+onion salad+green chutney

**2days-** 1panner wrap /oats appe+coconut chutney

**2days-** palak khichdi+salad/1bowl methi dal

**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.

