



DIET CHART (VEG)

Upon Waking up : 1 glass warm water with Apple Cider vinegar (1tsp) and ½ tsp Honey + 5 Almonds (soaked and peeled)

Breakfast Options :

½ Cup Oatmeal with ½ low fat milk & ½ water .Add ½ tsp Honey , Add ½ Fruit of your choice (Apple/ pear / ½ banana etc) , Add 1 tsp chia seeds, 5-8 almonds and 1 tsp flax seeds and a pinch of Cinnamon.

OR 1/2 Cup vegetable Poha

OR ½ cup cooked Quinoa with Veggies

OR 1 Moong Dal Chilla / Besan Chilla

OR 2 Idlis with Coconut chutney/ Sambar

OR scrambled Tofu with Veggies

+

Green Tea/ Black Coffee / Regular tea with very little milk & no sugar

MID MORNING SNACK OPTIONS

1 fruit – Apple / Pear / Guava / Orange / Strawberries / 4-5 pieces of watermelon, muskmelon or papaya with 1 tbsp peanut butter

OR

- Makhanas (plain and home roasted) / Sprouts / Handful of nuts (Almonds, Pista, Walnuts)

+

1 SCOOP PROTEIN SHAKE



LUNCH:

1 plate Fresh salad (No toppings)

+

1 Katori Dal/ Rajma/ Black chana / White chana / Tofu / Soyabean

+

1 Katori Vegetable of your choice (Cooked or Steamed with minimal oil)

+

3-4 tbsps steamed rice (Brown or white) OR 1 Jowar/ Bajra / Rajgeera(Amaranth) / wheat roti.

EVENING SNACKS:

- 1 Bowl of sprouts (moong, chana, mixed etc)
- Handful of nuts (Almonds, Pista, Walnuts)
- Scrambled / sauted Tofu
- Moong dal chilla / Besan Chilla
- Omlette (1 whole and 2 whites)
- 1 Cup Green Tea / Black Tea

PRE WORKOUT (Optional) –Black Coffee

LATE EVENING 830 PM- 1 SCOOP PROTEIN SHAKE

- **2 SCOOPS OF PROTEIN SHAKE TO BE CONSUMED DAILY – 1 IN MID MORNING SNACK AND 1 IN LATE EVENING*. If you choose not to have protein shake, then results will be compromised.**



DINNER

1 plate Fresh salad (No toppings)

+

1 cup Dal / Black Chana / Tofu / Soyabean

+

1 Katori Vegetable of your choice (Cooked or Steamed).

BEFORE SLEEP: 1 Tbsp. CHIA SEEDS SOAKED IN 1 GLASS WATER FOR 30-60 MINS .

Drink at least 4 liters of water on Sunday for an effective Detox !

FOOD EXCHANGE LIST :

PROTEINS	CARBOHYDRATES	VEGETABLES	FRUITS	FATS
CHICKEN	RICE	BROCCOLI	BERRIES	NUTS
SALMON	SWEET POTATO	SPINACH	WATERMELON	NUT BUTTERS
TUNA	OATS	GREEN BEANS	APPLES	OLIVE OIL
FISH	QUINOA	CELERY MUSHROOMS	PEAR	COCONUT OIL
CRAB	RICE CAKE	CAULIFLOWER	ORANGE	FISH OIL
EGG WHITES	JOWAR	BEETROOT	GUAVA	
LENTILS	BAJRA	CARROTS	PAPAYA	
KIDNEY BEANS	AMARANTH (RAJGIRA)	GREEN PEAS	MUSKMELON	



CHICKPEAS		CUCUMBER		
TOFU	MAKHANA	ONIONS		
SOYABEAN		CABBAGE		
CHIA SEEDS		RED & GREEN PEPPERS		
ALMONDS		OKRA		



DO & DON'TS!

1. Drink 1 glass of water before each meal.
2. In a day drink atleast 3-4 liters of water. NO juices or diet sodas.
3. Take 1 calcium tablet alternate day and 1 multivitamin tablet daily.
4. Use Stevia as a sweetener (max 3 packets daily).
5. Log your Food: To be more conscious of what you are consuming and to track and identify where pitfalls and successes, keep a log of what you eat and drink. There are many kinds of food-trackers available online or, a good old-fashioned notebook will work.
6. Important Habits: Preparing your food in advance, Eating every 2 1/2 to 3 hours. Always keep healthy snacks on hand and your next meal along with a bottle of water close by.
7. Throw out all junk food in your house.
8. Do your best to surround yourself with people who are supportive of your lifestyle change or who also live a healthy lifestyle? If you find yourself in a challenging situation don't be afraid to say 'no thank you'. It will get easier over time and each time will make you stronger. Most importantly, don't be afraid to say 'no to yourself' when no one else is looking. Little bites of food not on your approved food list, add up!
9. No Alcohol.
10. SLEEP: Without adequate sleep (7-9 hours per night), the body's fat-storing hormones become more active and hunger/stress levels can increase. 6-8 hours of sleep every night is a must!