

# Diet Plan-S1

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Balanced

Client Name : Archana



# First thing in Morning

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- **1. First Week & Second week : GREEN JUICE for detox:** Half bunch Spinach, Half bunch Coriander Leaf , Handful mint leaf, 1 full cucumber, Juice from 1 big lemon,  $\frac{1}{2}$  inch piece ginger, 2 cloves garlic **Methods to Prepare a Green Juice - Blend everything in the blender or mixi, Do not filter or do not use juicer because it will lose all its fiber if it is strained. It would be 1-2 glass of quantity- Have it in empty stomach first thing in morning.**
- **2. Second/Third week On wards : Turmeric Drink-** Half tea spoon Gram of Turmeric + Pinch of Black pepper and 2 Cloves of Garlic and 1 inch of Ginger and Boil it in 250 ml water for 5 mins - at the end add 1 half lemon juice and 10 ml coconut oil to the mixture of above drink.

# Break fast



- Option – 1 – 50 Gram Oats with vegetables
- Option – 2 – 50 Gram Quinoa upma/palao
- Option – 3 – 2 Jowar roti with rajma or chana curry
- Option – 4 – 50 gram Raagi malt or 2 Raagi dosa or 2 Pesarattu.
- Option – 5 – 50 Gram Little Millet or Foxtail millet or Barley upma/kichdi
- Option – 6 – 50 Gram Lentil or Barley Soup







# Lunch :

(Note : Have 10 Ml of Apple Cider vinegar in 1 Glass of water  
15 Mins before lunch)



Sl No.	Priority foods (Protein rich/fiber rich)	Complex Carbs & Veg
Option 1.	<b>50 Gram Quinoa + 25 Gram Daal Kichdi</b>	With 100 gram vegetable and greens
Option 2.	<b>75 Gram Black beans or Chikpeas</b>	with 50 gram Brown rice or Red rice
Option 3.	<b>75 Gram Paneer (Optional)</b>	with 2 Raagi roti or 2 Millet roti.
Option 4.	<b>75 gram Hyacinth Bean curry or Rajma curry</b>	With 50 gram Jowar Roti/ragi or b/rice
Option 5.	<b>75 Gram Daal or Mung beans or Rajma</b>	With 50 gram Jowar or ragi or b/rice
Option 6.	<b>75 Gram Millet Pulao or biryani.</b>	With 100 gram vegetable and greens
Option 7.	<b>75 Gram of Pea Salad or Batani Usli.</b>	With 100 gram vegetable and greens



# Evening snack- Healthy Fats

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- **Option – 1** – 12 Badam with 1 spoon chia seeds or sabja seeds
- **Option – 2** – 6 Walnuts with 1 spoon Sabja seeds
- **Option – 3** – 5 Brazil nuts with 1 spoon Sabja Seeds



# Dinner:

(Note : Chew ¼ Inch RAW GINGER 5 Mins before lunch)

Sl No.	Priority foods (Protein rich/fiber rich)	Complex Carbs & Veg
Option 1.	<b>50 Gram Quinoa + 25 Gram Daal Kichdi</b>	With 100 gram vegetable and greens
Option 2.	<b>75 Gram Black beans or Chikpeas</b>	with 50 gram Brown rice or Red rice
Option 3.	<b>75 Gram Paneer (Optional)</b>	with 2 Raagi roti or 2 Millet roti.
Option 4.	<b>75 gram Hyacinth Bean curry or Rajma curry</b>	With 50 gram Jowar Roti/ragi or b/rice
Option 5.	<b>75 Gram Daal or Mung beans or Rajma</b>	With 50 gram Jowar or ragi or b/rice
Option 6.	<b>75 Gram Millet Pulao or biryani.</b>	With 100 gram vegetable and greens
Option 7.	<b>75 Gram of Pea Salad or Batani Usli.</b>	With 100 gram vegetable and greens



# Foods to avoid if your trying to lose weight

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- 1. Bread & Biscuits and all processed foods
- 2. Sugar and beverages and carbonated drinks
- 3. No naan , or paratha
- 4. One seasonal fresh fruit- avoid too many fruits.
- 5. Cheat meal of rice once a week.

# Other instructions :

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- 1. Limit oil while cooking not more than 10 ml
- 2. You can use ghee or coconut oil
- 3. You can use olives but don't do high flame cooking.
- 4. Drink 3 to 4 Litres water
- 5. Sleep for 8 hours and manage stress.
- 6. Exercise at gym or Walk or do Yoga, or Home exercise
- 7. You can drink plain tea or coffee but no milk or sugar.
- 8. Limit Soya 3 times a week
- 9. Limit Cruciferous vegetables to 3 to 4 times a week
- 10. All Quantities mentioned in diet chart are before cooking.
- 11. For fiber add Vegerables and greens in Lunch and dinner you can add any 2 of this greens - Spinach/ Lettuce/Methi and Cucumber and carrot or any other vegetables
- 12. Millet options : Foxtail millet (navane), Araka millet (kodo), Little millet (samai), Brown top (korale), Horsegram (Huruli kalu)