



DIET CHART (Non -Veg)

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

Breakfast Options : (Choose any one)

- *1 Small Bowl Oats
 - * 2 egg whites + 1 whole egg (Boiled / Omlette/ Scrambled)
 - *1 Small Bowl Poha with Veggies
 - * ½ cup cooked Quinoa with Veggies
 - * Grilled Chicken sandwich
 - * 1 Moong Dal Chilla / Besan Chilla
 - * 2 Idlis with Coconut chutney/ Sambar
 - * 1 Plain Dosa with Coconut chutney/ Sambar
 - * 1 bowl of Sprouts with Veggies
 - * 1 Plain Chapati with Vegetable/ Chicken
- +
- 1 Cup Tea / Coffee without Sugar
(You can use Stevia as a sweetener if needed)

MID MORNING SNACK OPTIONS :

- 1 SCOOP PROTEIN SHAKE
- +
- 1 small fruit

LUNCH:

- 1 Glass water
- +
- 1 plate Fresh Salad (No toppings)
- +
- 3 eggs (2 whites & 1 whole) / 100 gms of chicken breast / Fish
- +
- 1 Katori Vegetable of your choice (Cooked or Steamed)
- +
- ½ cup steamed rice (Brown or white) OR 1 chapati



EVENING SNACKS: (Any One)

- 1 Bowl of sprouts (moong, chana, mixed etc)
- Handful of nuts (Almonds, Pista, Walnuts)
- Scrambled / sauted Tofu or Paneer
- Moong dal chilla / Besan Chilla
- 1 small Vegetable / Chicken Sandwich
- *Handful of Makhanas (Plain..Can be roasted at home)
- +
- 1 Cup Tea/Coffee without Sugar

DINNER:

- 1 Glass Water
- +
- 1 plate Fresh salad (No toppings)
- +
- 3 egg whites / 100 gms chicken breast / Fish
- +
- 1 Katori Vegetable of your choice (Cooked or Steamed).
- *Avoid Roti or Rice at Dinner time.

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. You can log your food on Bliss App.
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 or keep it occasional and in moderation.

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!