

07:30 AM EARLY MORNING

Jeera water (1 glass)

OR

Ajwain water (1 glass)

OR

Fenugreek water (1 glass)

08:30 AM BREAKFAST

Idli (2 nos.) + sambar (1 katori) + Coconut chutney (1 tbsp)+ Boiled egg white -3no.

OR

Wheat Dosa (2 nos. -small) + sambar (1 katori) + Boiled egg white -2 no.

OR

Ragi Puttu (1 piece) + Kadala curry (1 katori) + Boiled egg white - 2no.

OR

Appam (2 nos. small) + Egg curry -(1egg)

OR

Vegetable Upma (1 Cup) + Roasted paneer - 4 cubes

11:30 PM MORNING SNACK

Papaya (1 cup) + Soaked peeled almonds -4 nos

OR

Guava (1 medium) + Soaked peeled almonds -4nos

OR

Pomegranate (0.5 cup) + Soaked peeled almonds -4 nos

OR

Apple (1no. small) + Soaked peeled almonds -4 nos

01:30 PM LUNCH

Cooked rice (1 katori) + Fish curry -(0.5cup) + Veg Salad (1 cup)+ beans thoran - 0.5 katori

OR

Cooked rice (1 katori) + Sambar (0.5 cup) + Veg salad (1 cup) + vanpayar thoran(1 katori)

OR

Cooked rice (1 katori) + Veg salad(1 cup) + Cheera parippu thoran (1 katori) + Sambar -1 katori

OR

Cooked rice (1 katori) + Parippu curry (1 katori) + Green salad (1 cup)+ Curd (0.5 katori)

OR

Cooked rice (1 katori) + Moru curry (1 cup) + Veg salad (1 cup) + Muringa ila thoran (0.5 katori)

04:30 PM EVENING SNACK

Plain popcorn (1 cup) + Low fat milk tea -1 teacup

OR

Roasted Makhana (0.5 cup) + Low fat milk tea -1 teacup

OR

Vegetable chat with Puffed Rice (1 katori) + Low fat milk tea -1 teacup

OR

Roasted Chana (2 tbsp) + Low fat milk tea -1 teacup

OR

Trail Mix (1.5 tbsp) + Low fat milk tea -1 teacup

07:30 PM DINNER

Chapathi (1 nos.) + Fish Curry - (0.5 cup -150g) + Vegetable salad (1 cup)

OR

Chapathi (1 nos.) + Chicken curry (1 katori) + Vegetable salad/raitha (1 cup)

OR

Ragi oats puttu (1 pc) + Parippu curry (1 katori) + Vegetable salad (1 cup)

OR

Wheat dosa (1 nos. small) + Sambar (1 katori) + Vegetable salad (1 cup)+ Egg white boiled (1 no.)

OR

Chapathi (1 no.) + Paneer peas curry (1 cup) + Vegetable salad (1 cup)

11:00 PM BEDTIME

walnuts (3 half pieces)

QUANTITY HELP

Katori	Small Bowl	Tea Cup	Bowl	Cup	Glass
150ml	150ml	180ml	350ml	250ml	250ml

Guidelines to keep in mind

1. Remember that you have a multi - option diet plan, which can be used interchangeably.
2. You may have 1 portion of a cereal instead of another. You can interchange one fruit with another, one dal with another or even one vegetable with another.
3. Make sure you stick to the portion sizes as mentioned. You may check the volumes of the measurements used, towards the end of the PDF file.
4. Make sure you consume not more than 500 ml of total visible fats (oil/ghee) in a month. You can use a mix of oils.
5. Salads have been added in all of your meals so that you meet the fiber requirements well. Try having salads prior to the major meal . Cucumber, carrot, tomato, capsicum, lettuce etc can be included in the veg salad.
6. Pulses, lentils, non veg foods and curd/paneer also have been provided to meet the protein needs.
7. Hydrate yourself throughout the day. Make sure you drink at least 8- 10 glasses of water a day. Sip throughout the day, do not gulp down all at once.
8. Never skip any meal, as it might make you crave for food more and cause more deficiencies in your body as well.