

PREGNANCY PLAN

EARLY MORNING: 1 glass Luke warm water with 5 curry leaves.

Breakfast: Tea / coffee (optional)

2 Days: 1 bowl veg upma/ 1 curd sandwich

2 Days: 1 makhana smoothie with nuts

3 days: 2 uttapam with chutney/ 2 chilla with chutney

Mid morning: 1 glass kulkuli sharbat/ fruit / 5 walnut

Lunch:

3 days: 1 bowl curd rice with salad/ masoor pulao with raita/ veg pulao with raita

2 day: 2 roti + 1 bowl sabji + 1 bowl dal/ curd + 1 bowl salad

2 days: 2 cucumber pancake with salad/ 1 paneer Paratha

Evening: Tea/ coffee (optional)

1. Sukhi bhel
2. Chana
3. Apple juice
4. Lemon water

Dinner:

3 days: 6 pieces of paneer tikka with salad or paneer chilli

2 days: 2 beetroot Paratha with curd / dal Paratha

2 days: 1 bowl kadhi + 1 bowl rice + 1 bowl salad..

Late night: 1 cup milk

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am MID-MORNING- 12PM

LUNCH- 2:30PM EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

ALL THE BEST!!

Snacking and munching options when you feel hungry-

- 1 bowl Popcorn
- 1 bowl Makhanas
- 1 Fruit
- 1 glass Buttermilk

Nuts- 2 almonds or 3 walnut halves

- 1 Cucumber (salads)
- 1 Plain khakhra
- 1 katori Roasted chana
- 1 bowl sukha Bhel
- 1 bowl jowar puffs Sweet Cravings:
- 1 date
- 1 fruit
- 1 dry fruits ladoo
- 1 oats ladoo
- 2 pieces of dark chocolate

DOs / DONTs

Should have frequent and small meals.

Have at least 2-3 liters of water a day.

Have at least 7 hours of sleep daily.

Avoid the intake of sweetened drinks like colas, juices, etc.

Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed]

avoid adding excess of spices and oil in food.

For mid night cravings you can go for any fruit/roasted makhana/chana.

Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week.

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.

Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.

Do not add extra salt in salads, curd, fruit salad. Avoid papad.

Always use low fat milk and its products.

Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

Choose multigrain / wheat bread

Limit your sugar intake to not more than 2 tsp a day or avoid it

Manage your stress and Do some deep breathing at any time of the day.

Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,