

Early Morning (after waking up)– 1 glass coriander seeds water + 4 almonds

Breakfast:

1 days: 2 neer dosa + 1 bowl sambar/dal

2 days: 1 vegetable uttapam + 1 bowl sambar/ 2 tbsp mint chutney

2 days: 1 bowl poha (avoid peanuts) / millet upma

2 days: 1 vegetable sandwich (use 2 brown breads)/ oat meal 1 bowl

Mid Morning: 1 fruit + 5 almonds

Lunch :

2 days: 2 vegetable oats chilla with mint chutney

3 days: 2 green moong dal dosa + 1 bowl sambar/mint chutney

2 days: 1 bowl millet khichdi + 1 bowl sabzi/salad

Mid Evening:

1 glass coconut water

OR

1 bowl sprouts chaat

OR

1 bowl makhana bhel (makhana + veggies)

Dinner :

2 days: 1 bowl vegetable pulav + 1 bowl raita/dal

3 days: 1 bowl brown rice + 1 bowl rasam/sambar + 1 bowl salad

2 days: 1 bowl vermicelli upma with veggies

chew fennel seeds after dinner.

At Night – 1 cup milk

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 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,