



Rumana's Diet and Counseling

Diet plan for 1st month
Reg.no .S24/910

Menu Planning

Name : Siva, Date 10th september 2024

Time	menu	quantity	Non vegetarian options	activity
Empty stomach	Detox water Soak coriander, ajwain, fenugreek (1 teaspoon each seeds in 1.5 glass of water, boil in morning for 5 minutes and drink	1 glass, sip by sip or slowly drink		10 minutes Deep breathing exercise/ meditation , workout of your choice 15 minutes
	Walnut soaked in water last night	2		
Break fast 7 to 8:30	Dosa(besan or ragi) or idli	2 medium size 4 if small	Boiled eggs 1 Only white	10 minutes walk after food
	Tomato salsa Tomato,green coriander , small onion mix all crushed and eat add pinch of black pepper and roasted zeera powder	2 tablespoon		
	Peanut chutny	2 tablespoon		
Mid morning	Any fruit of your choice or (papaya)	1 medium bowl		

Lunch 12pm to 1 pm	Grated Carrot ,Beetroot, kheera coriander salad cooked Rice Vegetable curry With less oil	1 medium bowl 1 medium bowl (60 gms) 1 medium bowl		10 minutes walk after lunch
	Buttermilk	2 glass		
Evening snack	Lemon tea with pinch of black pepper crushed	1 cup		
Dinner 7:30 pm	Mixed salad Chapati or ragi jawa Green moong dal boiled Vegetable curry	1 small bowl 2 of 30 gms each chapati, Ragi 1mediun bowl 1 medium bowl 1 small bowl		15 minutes walk after dinner
Bed time	1 glass water lukewarm plain water	1 glass		

Note:

1. Drink 3.5 liters of infused water
2. Eat first salad at least 100 to 150 grams, then the remaining meal
3. 2 tablespoons of curd or 2 glass buttermilk
4. Use cold pressed oil and pink salt in cooking
5. Use roasted jeera powder on salads no salt
- 6.

Do

- 1-Restrict Refined and starchy foods
- 2-Include lots of vegetables and 1-2 servings of fruit
- 3-Include high fiber foods
- 4-Avoid trans fat
- 5.Avoid more protein foods, it may cause joint pains
- 6,Avoid drinks and smoking or reduce them

Donts

- 1-Don't skip a meal
- 2-Don't eat white bread, chips and pastries
- 3-Restrict fried and fatty foods
- 4-Do not use artificial sweeteners beyond the recommended quantities
- 5.Don't skip workout