

Name –

K/C of

Early Morning – 4 to 5 Pieces of Almonds + 5 to 6 Black Raisins (Drink the water of Raisins as well)

Break-fast (8.00) – One cup low fat milk without sugar + one plate poha/upma/veg.oats/milk with oats (overnight oats)/veg. sandwich of multigrain bread/veg. parantha with minimal oil

Or

1 Whole Egg + 2 Egg Whites with 2 wheat Bread

Mid time (11.00) – 50 grams of paneer/200 grams fruits at alternative day

Lunch (1.40) – 2 multigrain chapatti small (25 grams) + 1 bowl curd 125 grams or one glass chaach 250 ml (made up of low fat milk) + one big bowl rajma/Lobia/chana/whole moong/kala chana 50 grams raw weight + one bowl of seasonal vegetable

Evening Tea (5.00) – One cup ginger lemon tea/coffee/milk tea + roasted Makhana (Foxnuts) and Nuts 100 grams (One handful)

Dinner (8.00) – 2 multigrain chapatti small (25 grams) + one big bowl dal + one bowl of seasonal vegetable + salad

### **Note:**

- Oil intake should not be more than 4 tsp a day
- No processed or packaged foods
- Eat more dal and vegetables as compared to chapatti and rice.
- No refined oils, prefer cold pressed and filtered oil or desi ghee.
- No sweets and oily foods
- Use milk without cream
- Prefer whole pulses over split
- Limit bakery products
- Change oil after every 2 months
- Stay hydrated always
- Carry a water bottle with you when going out.
- Walk after each of your meal for 10 to 15 min.