

Section I: Daily Routine

Important:

Sugar

1. Prefer cinnamon or mulethi powder to sweeten your meals.
2. Do not use any sort of artificial sweetener

Fluid

1. Drink water slowly instead of gulping it.
2. Choose water at room temperature or warm water for drinking.
3. Keep yourself hydrated with water and fluids planned in your main and mid meals.

Salt

1. Always prefer iodised salt for cooking food.
2. Use black pepper and cumin seeds powder for seasonings on fruits, salads, curd, lemon water, buttermilk, etc.
3. Avoid processed, packaged and junk food completely to limit sodium intake.

Fibre

1. Complete your daily fiber intake by adding:
 - 2 fruits in your mid meals
 - A quarter plate of salads before lunch and dinner
 - 2 vegetable servings
2. Wash fruits and vegetables under running water before consumption.
3. Choose local and seasonal fruits and vegetables only.

Oil


1. Avoid cooking food in refined oil or any hydrogenated oil.
2. Do not use olive oil for cooking food, use it only for seasonings.
3. Choose kachi ghani oils and homemade ghee only for cooking food.
4. Use homemade white butter (makhan) instead of processed butter.



Rice


1. Always cook white rice in excess water, drain out the starch after rice is completely cooked.


Nuts



1. Soak nuts and seeds overnight in water before eating to increase the bioavailability of nutrients.
2. Remove skin from almonds and walnuts for better absorption of the minerals.



Daily routine	Time	Schedule
	Throughout the day	<u>Fennel ginger detox water:</u> Get relief from gastric issues and excess body weight by drinking 1 liter fennel ginger detox water throughout the day.

Daily routine	Time	Schedule
	Early morning 06:30 am	<p><u>Cumin seeds water + Almonds + Walnuts:</u> Soothe your stomach with a glass of cumin seeds water, and do not forget to have overnight soaked almonds and walnuts along with it.</p>
	Breakfast 08:00 am	<p><u>Veg pongal + Egg whites:</u> Have a medium bowl of veg pongal with 2 boiled egg whites for a healthy and tasty breakfast.</p> <p><u>Vegetable poha + Curd:</u> Flattened rice (poha) made with a variety of colourful vegetables with make your day colourful as well. Add a small bowl of curd to your breakfast for a perfect meal.</p> <p><u>Chana dal upma + Egg whites:</u> Have a medium bowl of upma, the super-light meal with a twist of chana dal to kick start your day and add 2 boiled egg whites with it.</p> <p><u>Moong dal cheela + Egg whites:</u> To charge up in the morning, have moong dal cheela (2) with two boiled egg whites.</p> <p><u>Vegetable oats + Curd:</u> A medium bowl of oats made with your favourite vegetables is one healthy happy meal! Have a small bowl of curd with it for a perfect breakfast meal.</p> <ul style="list-style-type: none"> ◦ Avoid bread, butter and cornflakes <p><u>Punugulu + Sambar + Coconut chutney:</u> Start your day with punugulu (2), a medium bowl of sambar, and 1 tbsp of coconut chutney.</p>

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	Mid-morning 10:30 am	<p><u>Apple:</u></p> <p>An apple a day keeps the doctor away!! So why wait, grab onto a medium-sized apple in your mid-meal.</p> <p><u>Papaya:</u></p> <p>Enjoy a medium bowl of yummy papaya to increase your fibre intake of the day.</p> <p><u>Guava:</u></p> <p>Enjoy your mid-meal by having guava that is loaded with vitamin C and antioxidants.</p>
		<p><u>Rice + Dal + Pumpkin curry:</u></p> <p>Have a medium bowl of pumpkin curry with a medium bowl of rice and a small bowl of dal.</p> <ul style="list-style-type: none"> ◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber ◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation <p><u>Rice + Sambar + Stir fried beans:</u></p> <p>Enjoy your meal with a simple combination like a medium bowl of rice, a small bowl of sambar and a medium bowl of stir fried beans.</p> <ul style="list-style-type: none"> ◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber ◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation <p><u>Lemon rice + Curd:</u></p> <p>Have a medium bowl of lemon rice with a small bowl of curd</p> <ul style="list-style-type: none"> ◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber ◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation

Daily routine	Time	Schedule
	Lunch	<u>Curd rice + Sambar:</u>
	01:00 pm	<p>Have a medium bowl of curd rice with a small bowl sambar</p> <ul style="list-style-type: none">◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation <p><u>Chapati + Egg bhurji:</u></p> <p>For lunch, have a wholesome meal with 2 chapatis and egg bhurji made of 2 egg whites.</p> <ul style="list-style-type: none">◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation <p><u>Chapati + Paneer curry:</u></p> <p>Protein rich paneer (cottage cheese, 1 medium bowl) made with just the right amount of oil is the best lunch choice with chapatis (2).</p> <ul style="list-style-type: none">◦ Add a quarter plate of salad (cucumber, carrot, beetroot, tomato) to have additional fiber◦ Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation

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	Mid-evening 04:00 pm	<p><u>Sweet corn chaat:</u> Sweet corn chaat is not just sweet, it's tangy and spicy flavours will take you all the way back to those childhood days!</p> <p><u>Nutritious bhel:</u> Nutritious bhel is the perfect bowl of happiness and health to curb your hunger pangs!</p> <p><u>Fennel ginger cinnamon tea + Puffed rice:</u> Enjoy your tea time with a cup of fennel ginger cinnamon tea and a handful of puffed rice (unsalted).</p> <p><u>Fruit salad:</u> Have a medium bowl of colorful fruit salad to get various nutrients.</p>
	Pre-dinner 06:00 pm	<p><u>Lentil Soup:</u> Protein- and fiber-packed soup served for a nourishing, flavorful meal.</p> <p><u>Moong dal sprouts:</u> Have the goodness of vitamins with a medium bowl of moong dal sprouts in your mid-meal.</p> <p><u>Boiled peanuts :</u> A filling and fiber rich smart snack option!</p> <p><u>Sundal:</u> Have a nutritious medium bowl of sundal in your mid-meal.</p>
		<p><u>Rice + Sambar + Ash gourd curry:</u> Enjoy the taste of a medium bowl of ash gourd curry with a medium bowl of rice and a small bowl of sambar.</p> <p>Walk for 10-15 minutes</p> <p>Avoid Non-veg in dinner</p> <p>Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation</p> <p><u>Rice + Paneer curry:</u> For lunch, treat your tummy with a medium bowl of paneer</p>

Daily routine	Time	curry and a medium bowl of rice Schedule
	Dinner 08:00 pm	<p>Walk for 10-15 minutes</p> <p>Avoid Non-veg in dinner</p> <p>Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation</p> <p><u>Chapati + Ridge gourd curry (beerakaya tomato koora) + Curd:</u></p> <p>2 chapatis with a medium bowl of ridge gourd curry and a small bowl of curd is a type of dinner that you cannot deny to have.</p> <p>Walk for 10-15 minutes</p> <p>Avoid Non-veg in dinner</p> <p>Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation</p> <p><u>Tamarind rice + Sambar + Dal rasam:</u></p> <p>Have a medium bowl of tamarind rice with small bowl of sambar and rasam</p> <p>Walk for 10-15 minutes</p> <p>Avoid Non-veg in dinner</p> <p>Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation</p> <p><u>Chapati + Egg curry + Sabzi:</u></p> <p>Looking for an eggetarian lunch? Have a small bowl of egg curry (made of 2 egg whites) with 2-3 chapatis and a medium bowl of sabzi.</p> <p>Walk for 10-15 minutes</p> <p>Avoid Non-veg in dinner</p> <p>Add 1 tsp of ghee to your dal or curry or sambar to get relief from constipation</p>
	Post-dinner 10:00 pm	<p><u>Fennel ginger cinnamon tea:</u></p> <p>Enjoy your tea time with a cup of fennel ginger cinnamon tea.</p> <p>Add 1 tsp of Isabgol to get relief from constipation</p>

Section II: Foods Not Allowed

Food items not allowed

1. Refined flour (maida): food items made of maida such as white bread, bhature, samosa, pizza
2. Fried food: Poori, samosa, pakora, nachos, chips, burgers, pizza, kachori
3. Sugary food: Sweets, ice cream, jam, squashes
4. Bakery products: Cookies, cake, pastry, rusk, biscuit
5. High-sodium food: Tomato ketchup, soy sauce, salad dressing
6. Carbonated drinks, fruit juices, and packaged beverages
7. Alcohol
8. Limit intake of -
 - Caffeinated drinks like coffee, tea upto 2 cups in a day