

Maintenance Diet

Category	Menu
Breakfast	1 cup Tea/Coffee/Milk/Green tea
Western Option	1 Bowl muesli with milk (muesli can contain, nuts , raisins) OR 1 Bowl oats porridge / Oats meal. OR 1 Bowl muesli fruit parfait/ Quinoa parfait OR 2 Egg whites with veggies OR 1 glass Vegetable Smoothie
Indian Options	2 methl , bajra , theplas + 1 katori curds OR Poha – 1 bowl vegetables and sprouts poha / power poha/red veggie poha OR Upma – 1 Bowl Daliya / rava/ oats / nachni / jowar OR 1 khakra + 2 tbsp. sprouts OR 3-4 pc Rava dhokla / moongdal dhokla / Oats dhokla + 2 tbsp green chutney
Pancakes	2 oats chillas + 2 tbsp. mint coriander chutney OR 2 Besan chila + 2 tbsp. mint coriander chutney OR 2 High fibre pancakes + 2 tbsp. mint coriander chutney OR 2 Mini nachni pancakes +2 tbsp. mint coriander chutney OR 2 Moong dal chillas +2 tbsp. mint coriander chutney OR 2 Rava chilas +2 tbsp. mint coriander chutney OR 2 Rava uttapam +2 tbsp. mint coriander chutney OR Jowar pancake +2 tbsp. mint coriander chutney
South Indian Option	2 oats idlis / rava idlis / barley idlis + 1 bowl sambhar + 2 tbsp. mint coriander chutney / coconut chutney OR 2 moong dal spinach idlis + 1 bowl sambhar + 2 tbsp. mint coriander chutney / coconut chutney OR 2 atta Dosas / rava dosa /plain dosa /mini uthappams with flax seeds + 1 bowl sambhar + 2 tbsp. mint coriander chutney / coconut chutney OR Buckwheat dosa /Oats dosa/ Ragi dosa with flax seeds + 1 bowl sambhar + 2 tbsp. mint coriander chutney / coconut chutney

Mid-Morning Snacks (Eating less, storing more calories, Weight gain):

Select any one option	1 apple + 1 tsp cinnamon powder OR 1 mug green tea + 1 fruit OR 1 glass coconut water with 1 tsp chia seeds + handful nuts OR 1 tsp cold pressed flax seed oil OR 2 glass fruit infused water OR 1 mug green tea + 2 almonds
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Evening Meal (Tea / Coffee):

Munch on any 1 of these with your cup of favorite beverages	1 handful peanuts OR Roasted channa OR 1 Handful soynuts OR 1 High fibre cracker OR 1 Digestive OR Oats biscuits OR 1 Fruit OR 1 Dry khakra OR 1 rice crackers OR 1 small bowl Oats chivda OR 1 Small bowl poha chivda
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Late Evening Snacks (When hunger is at PEAK):

Choose any one of those	1 Katori Dry bhel OR 1 Katori healthy cereal chivda OR 1 Katori chatt (khakra OR Sprouts OR nutri OR rajma OR chickpea) OR 1 Bottle Amul cool OR 1 cup Greek yoghurt OR 1 Glass smoothie OR 1 Vegetable OR Egg Whites open toast sandwich OR 2 Baked wheat bran cutlets + 2 tsp mint coriander OR 2 Oats tikki OR 2 Baked falafel OR 2 tbsp Hummus + 1 whole carrot
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Lunch and Dinner (Soups / Salad):

Lunch and dinner are two main meals that should never be skipped. The 3 main things which should be included in these meals are:

1. A big bowl of salad / soup
2. A healthy cereal
3. A good quality protein sources

All three groups will make a complete healthy meal. Let's begin with Salad / Soups.

If you don't like to have salad every day you can replace it with soup.

Soups / Salad (Select any two)	1 Bowl salad OR 1 bowl soup OR 1 bowl stir fry veggies OR 1 Bowl sabji (No Potato)
Protein Group (Select any one)	1 Bowl dal OR 1 bowl Sprouts OR 1 Bowl curd OR 1 bowl kadhi OR 1 Bowl pulse OR 1 katori paneer OR 1 bowl Egg sabji / curry (Only whites) OR 1 bowl chicken curry OR Sambhar OR Tofu OR Grilled Chicken / fish (200 grams)
Cereal Group (Select any one)	1 Paratha OR Wheat Roti SOUTH INDIAN 2 idlis OR 1 Dosa OR Uttappam OR Pesarattu 1 Bowl whole wheat pasta made in red sauce OR whole wheat noodles OR 1 multi grain bread OR Whole wheat pita Bread OR 1 Katori (Rice OR Barley OR Dalia OR Quinoa)