



LOW FAT VEGAN

VEGETABLES-ALL OK

Lettuce, kale, chard, arugula, spinach, cabbage, pumpkin, sweet potatoes, purple potatoes, yams, turnips, parsnips, Karela or Bittergourd , beets, carrots, all root vegetables cucumbers, red onions, white onions, broccoli, cauliflower, carrots, celery, artichoke, bell peppers, mushrooms white potatoes, tomatoes, sweet and hot peppers, eggplant,

FRUITS ALL OK

bananas, mangoes, papayas, plantains, apples, oranges, pineapples, pears, tangerines, all berry varieties, all melon varieties, peaches, plums, nectarines

Restrict the consumption of either of the following to maximum 1 time a day.

Avocados upto 1/4 th of medium size,

Coconuts upto 1/8 th of medium size.

Olive 1-2 nos.

DAL & PULSES MODERATION

Restrict the consumption of the following to 1 time a day.. Where possible have them sprouted

All forms of Whole Grain only Lentils,

Pulses , Dal like moong, masoor,

toor,urad, lobia , rajma, matar , all

forms of chana

Avoid Soy and Soy Products

NUTS & SEEDS MODERATION

Nuts : almonds, cashews, almonds,

pistachios, brazil nuts, walnuts, pine nuts,

hazelnuts, macadamia nuts, pecans,

peanuts

Seeds: hemp seeds, sun- flower seeds,

sesame seeds, chia seeds, flax seeds

One hand full size of the palm 0-1 serving

of any nuts and seeds. 2 tbsp for Chia

seeds and Hemp seeds

WHOLE GRAINS ALL OK

All kind of millets allowed.

Amaranth, Rajgira, Ramdana

Barnyard,Sanwa/ Samvat ke Chawal

Buckwheat,Kuttu

Finger millet,Ragi/ Nachni

Foxtail millet, Kangni / Kakum

Kodu, Kodon,

Little millet, Moraiyo/ Kutki/ Shavan/

Sama

Pearl millet, Bajra

Proso millet (broomcorn millet), Chena

Sorghum, Jowar

Processed Grains items are to be restricted at all times . Maida, Atta, Sooji, Poha, Cornflakes, Cornflower, All kind of Bread, Pasta and White Rice , Pastries and Cakes

FREE DIET GUIDANCE

WHATSAPP

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Get the Diet Chart that has helped others reverse diabetes and completely go off medications and insulin in 3-4 months

COMPLETELY RESTRICTED ITEMS

All Dairy Products, Ghee, Butter, Paneer, Cheese, Curd, Yogurt, Icecream

All Seafood Items like Fish , Prawns. All Meat and processed meat products, eggs

All cooking oils like olive oil, coconut oil, soybean oil, corn oil, safflower oil, sun- flower oil, rapeseed oil, peanut oil, cottonseed oil, canola oil, mustard oil

All added sugars , jaggery, glucose, fructose, high fructose corn syrup, cane sugar,

aspartame, cane solids, corn syrup, maltose, dextrose, sorbitol, mannitol, xylitol,

maltodextrin, molasses, brown rice syrup, splenda, nutrasweet, stevia, barley malt,