

Nutrition Strategy

Your guide to staying healthy.

KEY PRINCIPLES FOR YOUR PLAN

- Focus on balanced meals with carbs, proteins, and healthy fats to maintain energy and weight.
- Include fiber-rich foods to keep you full and support digestion.
- Prioritize whole, minimally processed foods for better nutrition.
- Stay hydrated throughout the day.
- Adjust portion sizes based on hunger and fullness cues, not strict calorie counting.
- Manage stress with mindful eating and light physical activity like walking.

YOUR DAILY CALORIE AND MACRONUTRIENT TARGETS

- Calories: ~2,200-2,300 kcal/day (maintenance for your age, height, weight, and activity level).
- Protein: ~60-70g (supports muscle maintenance and satiety).
- Carbs: ~300-350g (primary energy source, focus on complex carbs).
- Fats: ~60-70g (healthy fats for hormone balance and brain function).

Your Meal plan

MEAL 1		
OPTION 1	OPTION 2	WHY
1 cup oats cooked in 1 cup milk + 1 tbsp chia seeds + 1 banana + 5 almonds + 1 tsp honey	2 multigrain rotis + 1 cup curd + 1/2 cup sprouted moong salad + 1 tsp flaxseeds	Oats and multigrain rotis provide slow-digesting carbs for energy. Milk, curd, and sprouts add protein and probiotics. Chia, flaxseeds, and almonds offer healthy fats and fiber.
MEAL 2		
OPTION 1	OPTION 2	WHY
1 cup dal (moong/masoor) + 1 cup brown rice + 1 cup sautéed spinach + 1 small bowl cucumber raita	1 cup vegetable upma (with semolina, peas, carrots, and beans) + 1 cup curd + 1 small bowl roasted chana	Dal and brown rice are protein-carb combos for sustained energy. Vegetables add fiber and vitamins. Curd and raita support gut health.

MEAL 3		
<u>OPTION 1</u>	<u>OPTION 2</u>	<u>WHY</u>
1 cup quinoa/broken wheat khichdi with veggies + 1 cup kadhi (besan-based) + 1 small bowl salad (tomato, onion, cucumber)	2 small jowar/bajra rotis + 1 cup palak paneer + 1/2 cup curd + 1 small bowl onion-tomato salad	Quinoa/khichdi and jowar rotis are nutrient-dense carbs. Paneer and kadhi provide protein. Salads add crunch and fiber.

MEAL 4		
<u>OPTION 1</u>	<u>OPTION 2</u>	<u>WHY</u>
1 cup vegetable poha + 1 cup warm turmeric milk + 5 walnuts	1 cup vegetable dalia (broken wheat) + 1 cup warm milk with a pinch of cardamom + 1 small bowl roasted makhana	Poha and dalia are light yet filling. Turmeric milk aids digestion and relaxation. Walnuts and makhana offer healthy fats and crunch.

POST-DINNER (OPTIONAL, IF HUNGRY)

- 1 small bowl curd with roasted cumin seeds OR
- 1 glass warm milk with 1 tsp ashwagandha (if stress is high).

HYDRATION AND SUPPLEMENTS

- Drink 2.5-3L water daily (include herbal teas like ginger or tulsi).
- No supplements needed unless advised by a doctor.
- Limit sugary drinks and caffeine (max 1-2 cups tea/coffee/day).

STRESS MANAGEMENT TIPS

- Practice 5-10 minutes of deep breathing or meditation daily.
- Take short walks after meals (10-15 minutes).
- Avoid screens 30 minutes before bed to improve sleep quality.
- Journal or listen to calming music to unwind.

WEEKLY CHECK-IN AND ADJUSTMENTS

- Weigh yourself once a week (same time, empty stomach).
- If weight fluctuates ± 1 kg, adjust portions slightly (e.g., reduce rice by 1/4 cup if gaining).
- Note energy levels and hunger cues to tweak meal timings or food choices.
- Reach out if you feel consistently hungry or sluggish.

SAMPLE GROCERY LIST

- Grains: Oats, brown rice, quinoa, multigrain flour, semolina, broken wheat.
- Proteins: Moong dal, masoor dal, paneer, curd, milk, sprouts, roasted chana.
- Vegetables: Spinach, carrots, beans, tomatoes, onions, cucumber, peas.
- Fruits: Banana, seasonal fruits (1-2 servings/day).
- Nuts/Seeds: Almonds, walnuts, chia seeds, flaxseeds, makhana.
- Spices: Turmeric, cumin, cardamom, ginger, garlic.
- Extras: Honey, low-fat milk, herbal teas.

FINAL NOTES

- Cook in bulk (e.g., dal, khichdi) to save time.
- Use spices like turmeric, cumin, and ginger for digestion and flavor.
- Stay consistent but flexible—enjoy occasional treats without guilt!
- If you feel bloated, reduce raw salads and opt for cooked veggies.
- This plan is designed to be sustainable and enjoyable—let me know if you'd like adjustments!