**YOUR   
PERSONALISED  
HEALTH PLAN**

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| Time | Meal |
|  |  |
| 9:30 am | 1 cup green tea + 2-3 soaked almond or 1 cup hot water with lime, honey |
|  |  |
| 10:00 am | YOGA/gym- 30 mins or brisk walk for 45 mins-1 hours |
|  | Protein powder |
| 12:00 noon-breakfast | 1 cup tea/coffee, no sugar  1 katori upma/poha or 2 egg white with wheat bread or  1 bowl oats/muesli in low fat milk, no sugar |
|  |  |
| 2:00 pm | 1 fruit (apple/orange/pear/muskmelon, no banana/ no juices) |
|  |  |
| Lunch 4:00 pm | 1 bowl salad (add boiled corn)  2 roti, no ghee or 1 roti + ½ katori quinoa or millet roti.  1 katori vegetable with low fat paneer two times a week  1 katori thin dal/kadhi/pulses/chicken/fish/2 Egg whites, no fried (2xweek)  1 glass thin buttermilk or 1 cup curd, can add roasted flaxseeds |
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| Evening Snacks 6:00 pm | 1 cup tea, add jaggery  1 katori roasted makhana or 1 fist full of nuts almonds, walnut, pistachios, not fried or salty or seed mix (pumpkin seed, watermelon seed, flaxseed, chia seed) |
|  |  |
| 8 pm | 1 bowl vegetable soup (home made) |
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| 10:00 pm Dinner | Same as lunch, avoid rice |
|  | 1 bowl sauted vegetable (frenchbeans,carrots,zuchinni,paneer,onion etc) or soups OR 1 stuffed vegetable roti with curd or 2 millet (ragi/bajra/jowar) roti with vegetable or vegetable daliya or quinoa khichdi with 1 glass buttermilk |

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**Note**:

**Guidelines**

Sleep: It is advisable to sleep for a minimum of 8 hours.

Eating out: Minimise eating out and select healthy options while eating out.

Water: Consume 3-4 litres of fluids/ day.

Exercise: Minimum 1 hour of outdoor activities every day.

**Foods to avoid**: Potatoes, sweet potato, pickles, fried foods, pastries, processed foods, carbonated drinks.

