



NutritionAlley

Pathway to a better LifeStyle

➤ **EARLY MORNING: (AS SOON AS YOU WAKEUP)**

1 GLASSES OF PLAIN WATER FOLLOWED BY 1 GLASS OF CORIANDER SEED WATER + 5 SOAKED ALMONDS

HALF HOUR BEFORE BREAKFAST HAVE 1 CUP MASALA MILK TEA / GREEN TEA + 10-12 ROASTED MAKHANA

➤ **BREAKFAST: (8:30AM-9:30AM)**

DAY 1&7: EGG WHITE SANDWICH 1

DAY 2: VEGETABLE OATS (1 BOWL) + 1 KATORI CURD

DAY 3: 1 BOWL OF VEGETABLE POHA (HAVE 1 SOUP BOWL AND N PEANUTS TO BE USED) + 1 GLSS THIN LASSI

DAY 4: OMELLETE OF 2 WHOLE EGGS ADD MAX VEGES TO IT + 1 MULTIGRAIN TOAST

DAY 5: MASALA OATS 3/4TH SOUP BOWL + HALF KATORI CURD

DAY 6: MILK 200 ML + 30 GM WHEAT BRAN FLAKES

➤ **MID MORNING (11:30 AM)**

ANY SEASONAL FRUIT LIKE APPLE/PAPAYA/LIWI + 2 SOAKED WALNUTS



➤ **LUNCH: (1:00-2:00 PM)**

DAY 1,5&7: 1-2 NO GHEE ROTI OF (WHEAT FLOUR AND BESAN) + SEASONAL VEGETABLE + 1 MEDIUM SIZE BOWL OF + A BOWL OF CUCUMBER SALAD

2&4: 1-2 NO GHEE ROTI OF (WHEAT FLOUR AND BRAN I.E CHOKAR) + SEASONAL VEGETABLE + 1 MEDIUM SIZE BOWL OF CURD (NO PANEER THIS WEEK) + A BOWL OF CUCUMBER SALAD

DAY 3: 2 BESAN CHEELA + 1 BOWL CUCUMBER RAITA

DAY 6 2 BOWLS OF VEG DALIA + 1 KATORI GHIA RAITA + SALAD

➤ **POST LUNCH: (AFTER 1 HOUR OF LUNCH)**

LUKEWARM LEMON WATER

➤ **EVENING: (5:00 PM)**

1 CUP OF GREEN TEA + 1 GUAVA/1 BOWL ANAR/1 BOWL PAPAYA/1 BOWL PINEAPPLE/1-2 KIWI + 2 SOAKED WALNUTS

GO FOR A WALK IN BETWEEN

➤ **LATE EVENING: (6:30 PM)**

1TEASPOON CHIA SEEDS SOAKED IN WATER

➤ **DINNER: (HAVE BEFORE 8:30 PM)**

DAY 1: 1 BOWL ANY DAL + ROTI (1) + A BOWL OF TOMATO CUCUMBER SALAD



DAY 2: SUJI PORRIDGE

DAY 3: SAUTTED VEGES (NO PORTION CONTROL) + 1
MULTIGRAIN TOAST

DAY 4: 1 BOWL TOMATO GHIA SOUP + CHCIEN SALAMI SALAD
(USE 4 PCS SALAMI REST USE VEFGES)

DAY 5&7: MOONG DAL CHAT

DAY 6: MILK 1 GLASS WITH 1 TOASTED MULTIGRAIN BREAD/
WHOLE WHEAT BREAD

CHEW FENNEL SEEDS AFTER DINNER

➤ POST DINNER: (1 HOUR BEFORE BEDTIME)

LUKEWARM HALDI WATER

- ROTI FOR THIS WEEK IS WHEAT + WHEAT BRAN
- USE GHEE/MUSTARD OIL ONLY
- AVOID HAVING BANANA
- EAT A LOT OF SALAD
- AVOID
GOBHI/PATTAGOBHI/BROCOOLI/LETTUCE/FLAXSEEDS/SO
YA DUE TO THYROID
- WHEN FEELING HUNGRY YOU CAN HAVE 1 GLASS OF
COCONUT WATER, 1 FIST BHUNA CHANA OR 1 GLASS
NAMKEEN LASSI
(AS THE FOCUS IS ON PORTION CONTROL)

