



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: RAINBOW OMELLETE

DAY 2: SOUTH INDIAN STYLE CURD OATS

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

DAY 4: RAGI CHEELA 2 PALM SIZE + HALF KATORI CURD

DAY 5: 3 PCS OATS SUJI IDLI SAUTTED IN VEGES

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

► **MID MORNING (11:30 AM)**

1 GLASS HING JEERA LASSI



➤ **LUNCH: (1:00-2:00 PM)**

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

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

DAY 3: 1 SOUP BOWL OF BROWN RICE + EGG CURRY USING 2 WHOLE EGGS + A BOWL OF SALAD

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

DAY 7: 2 PALM SIZE OATS CHEELA + 1 SOUP BOWL CUCUMBER RAITA + SALAD OF CUCUMBER AND TOAMTO

➤ **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

ON DAY 6 MOONG DAL SPROUTS SALAD (USE HALF KATORI MOONG SPROUTS REST USE VEGES)

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: OATS KHEER

DAY 3: 250 ML HALDI ELAICHI MILK + 2 APPLES

DAY 4: EGG SALAD (USE 3 EGG WHITES AND 1 WHOLE EGG)

DAY 5&7: GRILLED CHICKEN 80 GM + HUNG CURD SALAD

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

CHEW FENNEL SEEDS AFTER DINNER

➤ **POST DINNER: (1 HOUR BEFORE BEDTIME)**

AJWAIN CINNAMON WATER

- ROTI FOR THIS WEEK IS WHEAT + WHEAT BRAN & WHEAT + OATS
- USE GHEE/MUSTARD OIL ONLY
- AVOID HAVING BANANA
- EAT A LOT OF SALAD
- AVOID
GOBHI/PATTAGOBHI/BROCCOLI/LETTUCE/FLAXSEEDS/SOYA 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)

