

EARLY MORNING: (8AM)
1 GLASS LUKEWARM WATER FOLLOWED BY LUKEWARM LEMON WATER 1 GLASS WITH DASH OF CINNAMON AND BLACK PEPPER POWDER
POST BREAKFAST (AFTER 1 HOUR OF BREAKFAST)
LUKEWARM JEERA WATER
MID MORNING
DAY 1&3 ANY 1 FRUIT DAY 2 &5BOWL OF CUCUMBER AND TOMATO DAY 7&6 COCONUT WATER 1 WHOLE COCONUT DAY 4 BOWL OF WATERMELON
POST LUNCH (AFTER 1 HOUR OF LUNCH)
LUKEWARM JEERA WATER
EVENING: (4 PM)
GREEN TEA + 2 KIWI / 1 BOWL WATERMELON / 1 BOWL PAPAYA + 2 SOAKED WALNUTS
LATE EVENING1: (6 PM) 1 TEASPOON OF CHIA SEEDS SOAKED IN WATER
LATE EVENING 2: BOWL OF CUCUMBER
CHEW FENNEL SEEDS AFTER DINNER
POST DINNER: TURMERIC WATER WITH A DASH OF CINNAMON AND BLACK PEPPER IN IT

DAY	BREAKFAST (9-10 AM)	LUNCH (1:30-2 PM)	DINNER (8-8:30 PM)
1	VEG DALIA 1 BOWL + 3 TABLESPOON CURD	1 WHEAT + BRAN ROTI WITH GHIYA VEG + 1 BOWL CUCUMBER RAITA	SAUTTED VEGES WITH 60 GM GRILLED CHICKEN OR 1 PCS OF TANDOORI CHICKEN LEG
2	1 PYAAJ STUFFED ROTI (1/2 TSP GHEE) + CURD 1 SMALL KATORI	3 PCS OF SUJI OATS IDLI + 1 TO 1 ½ SOUP BOWL OF SAMBHAR + A BOWL OF CUCUMBER TOMATO SALAD WITH LEMON	APPLE KHEER 1 SOUP BOWL
3	1 EGG ROLL IN WHEAT + RAGI ROTI (EGG ROLL OF 1 WHOLE EGG STUFFED WITH VEGES AND BELLPEPPERS AND ADD 1TEASPOON MINT CHUTNEY AND CURD FOR CREAMY TEXTURE)	2 BESAN CHEELA + CUCUMBER RAITA.1 BOWL + TOMATO ONION SALAD	200 ML MILK + 30 GM WHEAT BRAN FLAKES
4	OMELLETE OF 3 EGG WHITES STUFFED WITH MUSHROOM / VEGES	2 SMALL WHEAT + BRAN ROTI WITH BEANS MASLA + 1 BOWL CUCUMBER RAITA	VEG MOONG DAL KHICHDI ½ BOWL WITH 1 KATORI CURD + SALAD
5	BAKED DHOKLA 3-4 PCS + 1 KIWI	1 BOWL OF BROWN RICE + BLACK CHANA CURRY + SALAD + 1 BOWL CURD	CHICKEN SOUP + A BOWL OF HUNG CURD SALAD
6	200 ML MILK + 30 GM WHEAT BRAN FLAKES	1-2 SOUP BOWL SAMAK KHICHDI + TOMATO CURRY + CURD + SALAD	200 ML MILK + 30 GM WHEAT BRAN FLAKES
7	OMELLETE OF 3 EGGS (2 WHITE AND 1 WHOLE) + 1 BREAD SLICE	1 SOUP BOWL OF VEG MASALA OATS + CURD + SALAD	HALDI MILK 200 ML WITH 1 APPLE AND 5 SOAKED ALMONDS

- ROTI FOR THIS WEEK IS WHEAT + BRAN (1:1)
- AVOID HAVING BANANA
- EAT A LOT OF SALAD
- WHEN FEELING HUNGRY YOU CAN HAVE 1 GLASS OF COCONUT WATER, 1 FIST BHUNA CHANA OR 1 GLASS NAMKEEN LASSI
- MAKE A ROUTINE OF ATLEAST 30-45 MINUTES OF LIGHT WORKOUT OR 10K STEPS A DAY
- NO EXTRA SALT ON SALADS AND BREAD
- USE ONLY 3 TABLESPOON OIL/ DAY
- DAILY WATER CONSUMPTION IS 2.5L-3L
(AS THE FOCUS IS ON PORTION CONTROL)



NutritionAlley

Pathway to a better LifeStyle