

### Early morning:

Tea- 1 cup (15 ml toned milk) Sugar- 1 tsp Ragi/oats biscuit- 2 in no.





#### **Breakfast:**

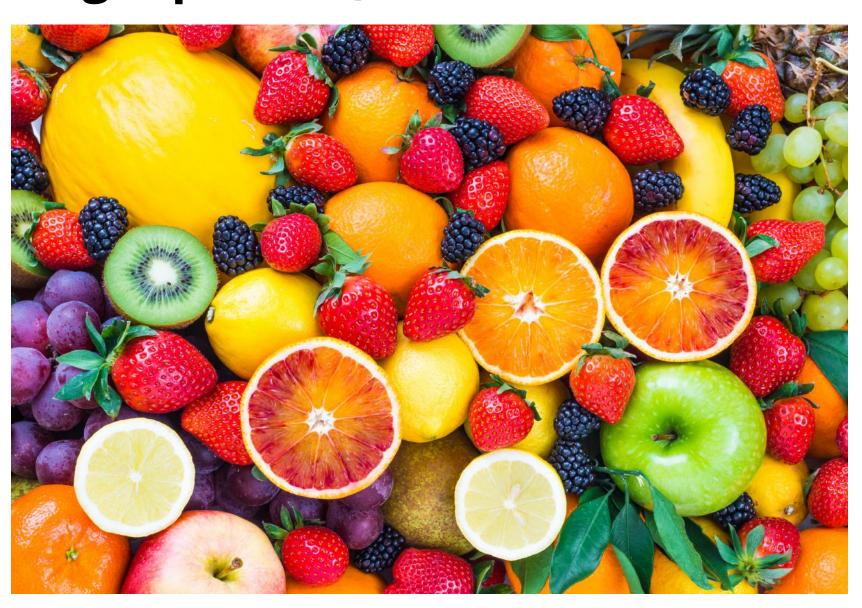
- Toned milk- 1 cup (200 ml)
- Sago/ cornflakes/ oats/ daliya/ suji upma (20 gm)/ idli/dosa/ whole wheat bread (1 slice)/ roti (1)
- Egg white (2)/ paneer/ soyapaneer (40 gm)
- White butter/ refined oil- 1 tsp (5 gm)
- Sugar (1 tsp)





#### Mid morning:

Apple/ pear/ papaya/ guava/ jamun/ pineapple/ orange/ strawberries/ cherries/ berries (100 gm)





#### Lunch:

- Rice (40 gm) + 2 chapatti (40 gm)
- Half bowl dal- moong dhuli/ arhar/ malka (15 gm)
- Seasonal vegetables (100 gm), no plak,
  no green leafy vegetables
- Salad (no raw tomato)
- Curd, half small bowl (100 gm)
- Oil- 1 tsp (5 gm)
- If you want to eat non-veg, then replace dal and curd with 50 gm of white meat.





#### Tea/ Sham Ka nashta

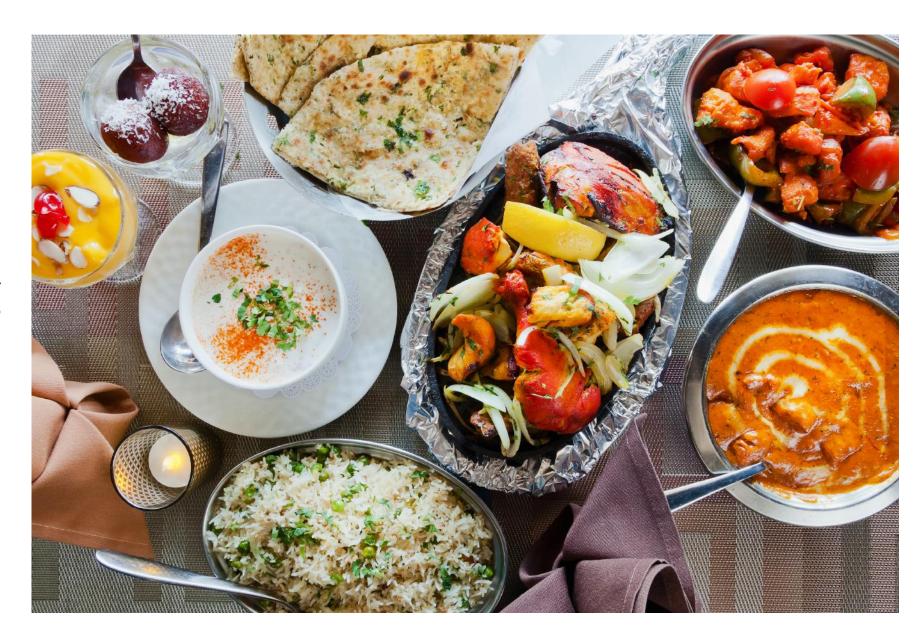
- Tea- 1 cup (15 ml skim milk)
- Suji upma/ poha/ unsalted pop corn/ marie biscuit- 2 in no.
- Sugar- 1 tsp





#### **Dinner:**

- Two chapatti (40 gm)
- Seasonal vegetables and potato (150 gm)
- Dal- half bowl (15 gm)- moong dhuli/ malka/ arhar OR paneer (15 gm)
- Curd (100 gm)
- Salad (no raw tomato)
- Oil- 1 tsp (5 gm)





#### **Before Bedtime:**

- Milk (100 ml)
- Sugar (1 tsp)
- Marie biscuit/ragi/oats biscuit (1)





#### Foods to be avoided:

- All tinned products (horlicks, compla, bournvita etc.)
- Alcohol
- Sugar free
- Pickles in oils
- Extra milk and milk products
- Extra meat, fish, chicken and egg
- Extra pulse and legumes
- Dry fruits and nuts
- Fruit juices, squashes, soft drinks, alcoholic drinks
- All baked products

