

ACTIVE PROGRAM

(Maintenance Guide for Vegetarians)



You don't have to Eat Less,
You just have to Eat Smart !

Mrs. Khyati Rupani

Chief Dietitian and Founder

Contact Number : 9820328039 / 9820054339

Email us at : info@balancenutrition.in

khyati@balancenutrition.in

Celebrate life 'Maintenance Kit'

Hello,

Many Congratulations on completing your program at Balance Nutrition.in
We still haven't left you! We are now on our way to make sure you maintain the lost weight smartly.

All you have to do is follow this guide well along with your E-kit. For any queries feel free to get in touch with your mentor or Khyati Rupani and we shall be happy to help you.

Your Celebrate Life Maintenance Kit contains:

- ❖ Your day to day diet chart with guidelines to every meal.
- ❖ Cheat sheet - A guide to your favorite food item for any one meal once a Week.
- ❖ 1 day special diets - Includes the detox diet and metabolic enhancer both of which can be followed once a month.
- ❖ Daily Essential's guide - A guide to quantity and frequency of food items and ingredients used commonly in our day to day life.
- ❖ Eat in portions guide - Estimates of portion sizes of all foods that we come across in our day to day life.

REGARDS
KHYATI RUPANI

	INDEX	PAGE NO.
	MAINTENANCE GUIDE	
1.	On Rising options:	4
2.	<u>Breakfast options:</u>	5
3.	Mid Morning Snack options:	7
4.	Evening Meal options:	8
5.	<u>Lunch and Dinner:</u>	9
	Soup/salad/subjis (vegetable family)	9
	Protein (dals, pulses, dairy products, non veg)	10
	Cereal options (roti, breads, rice)	10
	Special cuisines	11
6.	Beverages	12
	CHEAT SHEET	14
	1 DAY SPECIAL DIETS	
1.	1 day detox	17
2.	Metabolic Enhancer	19
	DAILY ESSENTIALS	20
	EAT-IN-PORTION	24
	CONCLUSION	37

I. BEGIN YOUR DAY
(CHOOSE ANY ONE SUPPLEMENT)

Starting your day with a superfood shall help clear the gut of all digestive wastes and also keep your metabolism high to ensure we do not gain weight.

1 tsp. cinnamon powder in 1 glass water **(avoid in peak summer)**

OR

1 tsp. wheatgrass powder/30 ml wheat grass juice in 1 glass water

II. BREAKFAST OPTIONS

(CHOOSE ANY ONE OPTION OUT OF THE FOLLOWING)

This is the most important meal of your day as it supplies your daily essential energy needed for work and also help keep the lost weight at bay. So, remember not to miss it!

1 bowl Oats/muesli/smoothie/parfait as mentioned in the recipes and diet charts.

OR

1 Vegetable sandwich / 1 Mix veg. open toast **(please use multigrain bread and use minimal butter)**

OR

1 bowl poha/ 1 bowl rava upma/ seviyan upma

OR

1 Gobi paratha/ aloo paratha/2 methi thepla/2 besan chilla + 2 tbsp mint coriander chutney / 1 katori curd

OR

2 Steamed idlis / 1 mysore sada dosa /1 uttapam (use minimal butter + 1 bowl sambar +2 tbsp. coconut chutney

III. MID-MORNING SNACK (CHOOSE ANY ONE OPTION)

A mid- morning snack will help you meet up your required nutrients. It might keep you from feeling hungry and gobble your lunch.

1 Fruit + 1 tsp. cold pressed flaxseed oil

OR

1 mug green tea / Organic India Tea (**Can choose any flavor**)[refer recipe]

OR

1 glass coconut water /1 glass buttermilk (**in summers**)

IV. EVENING MEAL

(WHEN HUNGRY CHOOSE ANY ONE OF THE FOLLOWING OPTION)

Every time you eat is an opportunity to nourish your body. The following options can easily be taken even when not at home.

1 bowl dry bhel / wet bhel **[refer recipe]**

OR

1 plate paani puri / ragda pattice **(only once a month each)**

OR

1 bowl vegetable sticks/ Spicy sweet potato sticks + 1 katori hummus **[refer recipe]**

OR

2 Idlis / 1 Sada or mysore sada Dosa with 1 katori sambhar + 2 tbsp coconut chutney **[refer recipe]**

(WHEN NOT HUNGRY CHOOSE ANY ONE OF THE FOLLOWING OPTION)

One Handful of peanuts / roasted chana / 1 dry khakra

OR

1 fruit /1 bottle amulcool **(not an option for diabetics)**/1 cup greek yogurt

OR

1 high fiber cracker/1 digestive biscuit /1 Multigrain toast **(can apply peanut butter/ hummus)**

V. LUNCH & DINNER

Lunch and dinner are the two main meals that should never be skipped. In-order to have a complete select options from the following 3 groups:

(A) VEGETABLE GROUP: Vegetables are rich and cheaper source of vitamins. Consumption of these items provides taste, palatability, increases appetite and provides fiber for digestion and to prevent constipation.

(CHOOSE ANY TWO OPTION FROM THE FOLLOWING)

1 bowl healthy fresh green salad without creamy dressings (use mustard, lime, olive oil, vinegar)

OR

1 bowl fresh vegetable soup [avoid soups loaded with cream and noodles – in such cases go for half the portion)

OR

1 bowl green curry/ sabji (Add potato occasionally, if heavy gravy then have 1 katori only)

OR

1 bowl vegetable stir fry/ steamed/sautéed in olive oil or minimal butter.

<https://www.balancenutrition.in/blog/health-reads/diet-and-nutrition/nutrition-from-winter-vegetables>

(B) PROTEIN GROUP- A good quality protein source ensures you keep your muscles, bones, skin and hair intact even after having undergone weight loss. Never miss the protein source from your main meals.

(CHOOSE ANY ONE OPTION)

1 bowl dal/Sambhar/Rassam

OR

1 portion paneer (40 g) / tofu (40 g)

OR

1 bowl curd / veg raita / 1 glass buttermilk / 1 bowl Kadhi

OR

1 bowl Pulse / Sprouts/ 1 katori hummus

(C) CEREAL & GRAIN GROUP- A healthy cereal forms the base of your thali
(CHOOSE ANY ONE OPTION)

1 Paratha **(plain or stuffed)** / Roti **(Wheat roti/ multigrain roti)/ Bhakri (Jowar/ Bajra)**

OR

1 bowl **(white rice / daliya/ quinoa/ couscous) (Brown rice as per liking)**

OR

2 Idlis / 1 dosa / 1 uttappam / 1 pesarattu/ 1 appam **[refer recipe]**

OR

1 slice Multigrain bread / whole wheat pita

OR

1 bowl whole wheat pasta made in red sauce / whole wheat noodles **[refer recipe]**

SPECIAL DINNERS (once a week)

1. IN ORDER TO MAINTAIN WEIGHT, FOLLOW THIS OPTION (“ONCE IN A WEEK”)

1 bowl salad / green sabji (**low in oil**) + 1 bowl dal/pulse (**low in oil**) + 1 glass buttermilk [**refer recipe**]

OR

1 bowl salad / stir fry/veg soup + 1 portion paneer/ tofu (**40gms**) (**cooked in your style**) [**refer recipe**]

2. IN ORDER TO MAINTAIN WEIGHT, FOLLOW THIS OPTION (“ONCE IN A MONTH”) “Salt- Free”

1 bowl fruit yogurt parfait/ Chia bowl [**refer recipe**] + 1 sweet potato (**add lime & Sprinkle paprika & herbs**)

OR

1 bowl Ragi porridge / Oats porridge [**refer recipe**]+ 1 Cucumber (**Add lime. Sprinkle paprika & herbs**)

OR

1 bowl fresh fruits + 1 cup greek yoghurt

VI. BEVERAGES

(CHOOSE ANY OPTION MAXIMUM TWICE A DAY)

Beverages like tea can boost exercise endurance. Catechins found in green tea extract increases the body's ability to burn fat as fuel which accounts for improved endurance performance. Drinking tea could help reduce the risk of heart attack.

1 cup Coffee (**latte, cappuchino, normal**) / 1 cup Green tea/1 cup Regular Tea/1 cup Chamomile tea / 1 cup Organic India tea (**add one tsp of sugar if needed**)

Cheat Meals

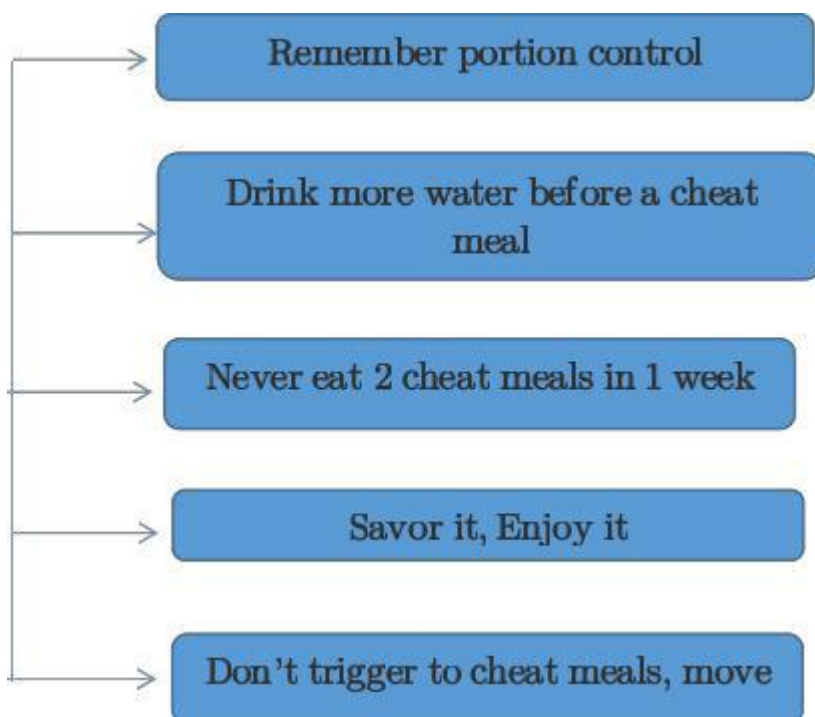
"A cheat meal is high in calories and all macronutrients (protein, carbs, and fat) and is not something that would normally be part of a proper diet plan,"

Pick a day of the week that will be designated as "cheat" day and stick to it. If you don't, and just abide by what you're feeling or craving, you're way more susceptible to craving every other day. Also, you need to remember that cheat meals are meal replacements. They need to fit into your current eating regimen, and aren't meant to be a day-long gorge fest where you eat twice. Cheating should be an option only once a week and in the correct "Portion Size". Otherwise you are putting yourself in danger of not getting the results you deserve.

Maximize the weight loss benefits and minimize the damage while eating the food you crave. For example, a slice of pizza with a regular soda and then a serving of ice cream is a good cheat meal. Not 4 pizza slices, chased down with gallon of soda and ice cream.

"Do not stress over the macros of cheat meal, Instead eat a properly portioned and balanced meal"

Basic rules for a cheat meal:



**THE CHEAT SHEET- REMEMBER, IT IS NOT A STUFFING
SESSION!
SO,
CONSUME ANY TWO OF THE FOOD ITEMS ONLY ONCE A
WEEK!**

FOOD ITEM	AMOUNTS	CALORIES(kcals)
BAKED ITEMS		
Pizza	2 slices	518
Mc Veggie Burger	1	426
Mc Chicken Burger	1	431
Mc Filet-O-Fish Burger	1	388
Samosa	1	308
Khari biscuit	2 pieces	200
Pav bhaji	1 plate bhaji + 2 pavs	390
FRIED ITEMS		
Chicken wings (fried)	3 pieces	341
Wada pav	1	290
French fries	1 medium packet	353
Medu vada	2 pieces	340
Fried vegetable puff	1 piece	226
Doughnut	1	250
Fried chicken puff	1 piece	246
Potato chips (Lay's)	1 small packet (26 gms)	160
Mc Cain patties	2 pieces	220
Dahi vada	2 pieces (54 gms)	145
Fried onion pakora	5 pieces (140 gms)	380
Venky's chicken nuggets	6 pieces	186
Doritos nachos tortilla chips	1 small packet	150
Pani puri	1 plate (6 pcs)	216
kachori	1 piece	194
Fried puris	6 pieces	128

Cheese balls	1 small packet	115
Venky's chicken sausages	3 pieces	153
DESSERT ITEMS		
Pastries	1 piece (87 gms)	337
Chocolate Mousse	1 cup	355
Jalebi	2 pieces (50 gms)	200
Gulab jamun	2 pieces (50 gms)	180
Chocolates	1 piece (28 gms)	150
Cupcakes with frosting	1	300
Ice-creams	1 scoop	143
Milk burfis	1 piece	125
Puddings	1 cup	162
PACKAGED FOODS		
Macaroons	1	106
Maggi noodles	1 small packet	310
Preserved soups	1cup	90
Papads	1	80
Canned juices	1 small tetra pack (200ml)	106
Cream biscuits	2	125
Ketchup	2 tablespoons	40

PLAN YOUR CHEAT MEAL! WHEN YOU FAIL TO PLAN, YOU PLAN TO FAIL!

1 day Special Diets

(FOLLOW THIS DIET ON ANY 1 DAY IN THE WEEK AS PER YOUR CONVENIENCE)

1 DAY DETOX CLEANSING

ON RISING: 1 glass warm water + 1 tsp wheat grass powder and 30ml aloe vera juice

BREAKFAST: 1 Mug Green tea

1 fruit of your choice + ½ tsp cinnamon powder

OR

1 glass Carrot and mint juice

LUNCH: 1 bowl Boiled mixed vegetables (**no potato**) + 1 bowl dudhi palak garlic soup

EVENING: 1 mug herbal tea +

2 slices papaya / 1 banana / 1 bowl of seasonal fresh fruits.

LATE EVENING: Clear vegetable soup / clear vegetable juice.

PREDINNER: 1 tsp isabgol in a glass of water.

DINNER: 1 bowl moong sprouts and vegetable salad +1 bowl carrot tomato soup with pepper powder and garlic

BEDTIME: 2 tablets Triphala + 2 glasses warm water

MAKE SURE YOU DO NOT CONSUME ANY OF THESE:

- × SALT
- × SUGAR
- × OIL
- × MASALAS – AJWAIN, CHAAT MASALA, GARAM MASALA, RED CHILLY POWDER, ETC.

BENEFITS OF DETOX DIET

Detox is like hitting a reset button for your body. It will help to increase your energy levels, balance your hormones, improve digestion, give your adrenals a much needed break and helps to break the plateau.

1. Green Tea

Green tea contains antioxidants and polyphenols which helps to burn fat by using it as a source of energy instead of storing it and boosts your metabolic rate.

2. Papaya & Watermelon

Papaya is low in sodium thus preventing retention of water. In simple words it means, it helps to throw out the excess water. Papaya helps in preventing constipation and aids in digestion. Watermelon acts as a diuretic & is a rich source of potassium which helps in maintaining fluid balance, and keeping your brain, nerves, heart, and muscles functioning normally on a constant basis.

3. Vegetables & Sprouts

Vegetables are rich in fiber & vitamins. It helps to provide a feeling of fullness with fewer calories. Sprouts are rich in proteins, vitamins and minerals. Sprouting increases the vitamin C content by 3 times.

4. Wheat grass powder & aloe vera juice

Wheat grass powder contains 70% chlorophyll which stimulates your metabolism and reduces your appetite. It also naturally detoxifies the liver by pulling out the waste materials from the blood stream and aids in digestion too. Aloe vera juice is rich in B complex vitamins. It helps to maintain blood glucose level. It helps the intestine & lubricates the digestive track.

5. Cinnamon Powder

Cinnamon powder reduces fat build up by breaking down and using them as a source of energy rather than storing them in the body. It also helps to relieves pain in PMS and balances hormones in women.

METABOLIC ENHANCER

(FOLLOW THIS DIET ON ANY ONE DAY IN THE WEEK AS PER YOUR CONVENIENCE)

START YOUR DAY WITH : 1 glass coconut water and a handful of nuts. **(Any unsalted nuts)**

OR

1 glass warm green tea.

MID-MORNING : 1 bowl fresh fruit of your choice. **(Sprinkle cinnamon powder)**

LUNCH : 1 bowl Steamed vegetables + 1 jowar roti + 1 katori dal **(no salt - use vinegar, lime, amchur)**

EVENING SNACKS: 2 tsps flax seeds + 1 MUG of green tea/ jasmine tea.

LATE EVENING If hungry - 1 bowl fresh fruit.

DINNER : 1 bowl Vegetable soup + 1 bowl of steamed sprouts seasoned with lime and amchur.

MAKE SURE YOU DO NOT CONSUME ANY OF THESE:

× SUGAR

× OIL

× MASALAS - PEPPER, AJWAIN, CHAAT MASALA, GARAM MASALA, RED CHILLY POWDER, ETC.

× MILK AND MILK PRODUCTS.

The no salt is done to give you rest to your kidneys & hence a sodium over load is prevented. The sprouts & jowar, flax seeds & daal give you the necessary energy & protein to take you through the day.

The coconut water, teas & soups make sure excess water out of your body is thrown the nuts easily in the morning give you the required quantity of good quantity fat.

Options for salt replacement - Vinegar / Amchur **(dried mango powder)** / Lime Juice.

NOTE: You can consume the below option along with your lunch and dinner

Ingredients-

Carrot **(julienne cut)** - 1 medium size

Beetroot - 1 medium size

Onion- 1 medium size

Immerse Carrot + Beet / Onion in vinegar in the morning and have it with lunch and dinner.

DAILY ESSENTIALS FOR WEIGHT MAINTENANCE

“Losing weight is only half the battle—maintaining the loss is the other half.”

It is very important to be on guard and moderate your temptations & cravings even after you have achieved your target weight loss. This daily maintenance guide will help you to choose wisely from a variety of options after you have completed your weight loss program.



***QUANTITIES FOR PER DAY CONSUMPTION**

TYPE OF OIL TO BE USED - OLIVE OIL, RICE BRAN OIL, GROUNDNUT OIL.

CURB YOUR HUNGER PANGS USING THE FOLLOWING GUIDE :

You can use these fillers for your in-between meals. Do maintain the portion size as done during weight loss.

FOOD ITEMS	QUANTITY	FREQUENCY
MUNCHIES (the amounts of these foods are for a weekly basis)		
✓ Homemade Chivda	1 Katori	Thrice a week
✓ Nuts (peanuts)	½ Katori	Thrice a week
✓ Roasted Chana	1 Katori	5 times a week
✓ Soups	1 bowl	Once a day
✓ Salad Sticks	1 bowl	Once a day
✓ Fresh fruits	1 bowl	Twice a day
SNACKS (the amounts of these foods are for a weekly basis)		
✓ 1 Ragda Pattice (non fried)	1 Katori	Once a week
✓ Whole wheat/ Multigrain Sandwich	1 No.	Once a week
✓ Dry Bhel	1 bowl	Twice a week
✓ Dry Khakra	1 No.	7 days a week
✓ 1 Vegetable Frankie	1 No.	Once a week

BEVERAGES (the amounts of these foods are for a weekly basis)		
✓ Yoghurt fruit smoothie	1 glass	Twice a week
✓ Soya Milk	1 glass	Twice a week
✓ Green Tea	1 Mug	Once a day
✓ Hot/Cold Coffee (normal)	1 cup	Once a day
✓ Tea	1 cup	Once a day
✓ Vegetable Juices	1 glass	Once a day
✓ Fresh lime Soda	1 glass	Once a day
✓ Coconut Water	1 glass	Once a day
✓ Milk	1 glass	Once a day
✓ Buttermilk	1 glass	Once a day

EAT-IN-PORTIONS

We always believe the key to weight loss and disease management is to eat foods that are HEALTHY and LOW CALORIE.

But somehow it has not worked out well and we fail to achieve desired results. So what do we do? Most of us give up on seeing little or no difference and get back to our old eating habits and lifestyle.

Well it's not about just eating healthy low calorie food. There is another 'mantra' which needs our attention and that is **'PORTION SIZE'**.

A portion size means eating the right amount/quantity of food as per the requirement of the body to attain its ideal weight according to the height and body type.

Here is where things go wrong.

As was said 'WHAT you place on your plate reflects your body size' should be re written as

'WHAT and HOW MUCH you place on your plate reflects your body size'
SIZE MATTERS...EVEN WHEN IT COMES TO PORTIONS OF FOOD



5 cups
270 calories



Tub
630 calories



3-inch diameter
140 calories



5-6-inch diameter
350 calories



333 calories



590 calories



Original 8-ounce bottle
97 calories



20-ounce bottle
242 calories

Think twice before UPSIZING your meal, it may save you some money but it will certainly add a few pounds to the body.

EATING HEALTHY FOODS DOES NOT MEAN EATING AS MUCH AS YOU WANT



At **BALANCE NUTRITION**, the core of our program is built around a very systematic and scientific approach. It is called EAT IN PORTIONS.

Through this, you are taught to eat in portion sizes that are required by you as per your goal during ACTIVE phase of the programmer. Our weight loss experts along with KHYATI RUPANI have come up with after a lot of research this module.

Various household measures like teaspoon, katori and glass are used to define your intake of particular foods including even the most basic items like salt, tea and fruits.

It is extremely simple, easy to follow, not time consuming and has a great impact on your body weight and structure.



Please find attached your personalized diet chart. Images of an ideal katori, bowl, etc. are provided so there is no ambiguity in the size of your food portion and the one recommended by us.



It has been very successfully used by clients across all countries and the all have benefitted from it immensely.

PORTION SIZE - A STEP TO PERFECTION!




Here are the portions mentioned below that you shall see often in your diet chart. Please ensure you use the measures/volumes based on this chart only.

Healthy Eating = Smart food choices + Right portion size!


HOUSEHOLD MEASURES	AMOUNT	MEASURE	USED FOR MEASURING
1 leveled tea spoon (tsp)	5 gm Liquid 5ml Sugar/Salt - 7gm		<ul style="list-style-type: none"> • Sugar • Oil • Salt • Apple cider -vinegar • Supplements
1 leveled table spoon (tbsp)	15 gm Liquid -10 ml Flours 12gm		Home-made chutneys Flours

1 vati / katori	100 ml		<p>CEREALS Brown rice Quinoa Poha Dalia Couscous</p> <p>PULSES dals sambar</p> <p>OTHER subzi (green vegetables) curd Raita kadhi</p>
1 bowl	200 ml		<ul style="list-style-type: none"> • Oats + milk • Sugarfree muesli+ milk • Salads • Soups • Pulav • Vegetable khichdi • Vegetable Dalia. • Rasam • Subjis • Porridges

1 cup			<ul style="list-style-type: none"> • Coffee • Tea • Milk • Smoothies
--------------	--	--	--

1 mug	250 ml (fill 200ml)		Green tea Lemon green tea Milk Matcha tea Moringa tea
1 glass	250 ml (fill 200ml)		Water Fruit-smoothie Vegetable-juice Buttermilk Coconut-water Lime water
Quarter Plate	8"		Salad Stir fry Roti Paratha White meat

1 plate	12"		
Palm Size	50gm		Chicken Fish Turkey

Match box size	20gm		Paneer Cheese Tofu
Handful	20gm		Chana Peanuts

Exercises That Help You Burn 150 Calories



SURYANAMASKAR - Start with 3 times and increase upto 12 times.

PLANKS - Begin with 30secs and increase upto 1 min. - - There are 2 types Exercises That Help You Burn 150 Calories

PLANKS



SURYA NAMASKAR



PLEASE NOTE:

Do any one of the below mentioned activities along with planks and suryanamaskar daily to reach our goal of 6 kg in 60 days!

ACTIVITY.	DURATIO N.	CALORIES BURNED(Kcal).
Running up stairs	10 minutes	150 kcal
Climbing up stairs	15 minutes	150 kcal
Jumping Rope	15 minutes	150 kcal
Swimming (vigorous)	15 minutes	150 kcal
Running (6mph)	15 minutes	150 kcal
Circuit Training	20 minutes	150 kcal
Aerobics	25 minutes	150 kcal
Elliptical Training	25 minutes	150 kcal
Yoga (Hatha)	40 minutes	150 kcal
Water Aerobics	40 minutes	150 kcal
Walking(3mph)	45 minutes	150 kcal
Jogging	19 minutes	150 kcal
Football,Basketball or single tennis.	17 minutes	150 kcal
Volleyball	31 minutes	150 kcal
Pilates	22 minutes	150 kcal
Dancing	25 minutes	150 kcal

DISCLAIMER - Please consult with your physician before doing any physical activity for the first time. Those suffering from lower back pain, orthopedic or any other health issue are advised to take appropriate care before doing any of these activities

MOTIVATION is what gets you started.

HABIT is what makes you going.

Glad you have made **SMART EATING** a habit.

