

DIET PLAN

MEALS	OPTIONS	QUICK TIPS AND FACTS!
Measures: 1 teaspoon = 5 grams or 5 ml / 1 tablespoon = 15 grams or 15 ml / 1 small <i>katori</i> = 50 g / 1 <i>katori</i> = 100 g / 1 cup = 200 ml by volume / 1 glass = 250 ml / 1 bowl = 250 g (a soup bowl)		
<p style="text-align: center;"> Work timing: 3:30 pm to 1 am Sleep timings: 1 am to 8 am <u>The earlier you go to bed, the better for fitness and a healthy metabolism. Sleep at this time so you can wake up early for exercise in the morning.</u> </p>		
On waking up (8:15 am)	1 glass Lukewarm water (add a tsp. of lemon juice and a pinch of cinnamon powder) + 3 soaked and peeled almonds + 1 walnut	Cinnamon has antioxidants and anti-inflammatory properties. Have a small snack to kick-start your metabolism that helps burn calories effectively during the day. Avoid drinking coffee on an empty stomach as it negative affect digestive health.
<p style="text-align: center;"> <u>Exercise time: 8:30 to 9:30 am</u> <u>Be regular with exercise. You can do a mix of yoga, cardio and strength exercise.</u> <u>Strength training is important for fitness; it helps build muscle and maintain a healthy body fat%.</u> </p> <p> <i>Exercising in the morning helps to kick-start your metabolism so you burn calories effectively during the day. It also helps you stay more consistent with your fitness routine on a regular basis. This should be a non-negotiable part of your day.</i> </p> <p style="text-align: center;"> <i>Consult a fitness trainer/physiotherapist (from outside as we do not have any onboard) to get an exercise regime for effective weight loss [This needs to be done under supervision as you get knee pain and experience discomfort].</i> </p>		
Breakfast (10 am)	1 cup of oats <i>upma</i> with lots of vegetables + 1 <i>katori</i> skimmed curd + 1 boiled egg OR 1 cup <i>poha</i> with vegetables + 1 cup skimmed curd + 2 boiled egg whites OR 1 <i>besan chilla</i> (add vegetables to the batter) or 1 <i>Moong dal dosa</i> + 1 cup curd + 1 tsp garlic mint <i>chutney</i> OR 1 vegetable stuffed chapati + 1 <i>katori</i> steamed and salted sprouts + 1 cup skimmed curd	Have an early breakfast. Include a portion of protein in every meal to strengthen muscles; like milk and its products, egg whites, <i>dal</i> , nuts and seeds. Use millets or oats as healthy breakfast options. Add steamed vegetables while preparing the <i>upma</i> , <i>poha</i> -carrot, peas, beans, sprouts etc. Choose low fat milk. Avoid having rice and rice based dishes in breakfast as it lacks fiber which can cause sluggishness. Avoid having fruits with meal as it contains simple sugars that increases an overall calorie and leads to unhealthy weight gain around abdomen.
Mid- morning (12:30 pm)	1 cup green tea/ regular coffee OR 1 small low sugar fruit	Antioxidants in green tea help fight free radicals, and it also aids in weight loss. You can add a dash of lemon juice to reduce the bitterness of green tea.



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		<p>Do not add more than ½ to 1 tsp. sugar to the regular coffee.</p> <p>Keep shuffling between various kinds of low sugar fruit.</p> <p>Long gap between meals lowers metabolism.</p>
Lunch (2:30 to 3 pm)	<p>1 chapati + 1 cup <i>dal</i> + 1 <i>katori</i> vegetable <i>sabzi</i> + 1 <i>katori</i> skimmed curd + 1 bowl salad- sliced cucumber and beetroot</p> <p>OR</p> <p>1 cup unpolished rice + 1 cup skinless chicken curry/ egg white curry + 1 <i>katori</i> vegetable <i>sabzi</i> + 1 bowl salad grated cabbage and cucumber + 1 glass buttermilk</p> <p>OR</p> <p>1 <i>jowar roti</i> + 1 cup sprout curry + 1 <i>katori</i> vegetable <i>raita</i> + 1 bowl salad- sliced carrot and bell pepper</p>	<p>Start your lunch with a bowl of salad. Fiber from salads and whole cereals help with weight loss and prevent constipation.</p> <p>Skipping this meal deprives body of essential nutrients and leads to junk eating in late part of the day.</p> <p>A balanced meal consists of any one cereal (chapati or rice), lots of vegetables (cooked or raw) and a protein source (<i>dals</i>, sprouts, bean, <i>paneer</i>, <i>channa</i>, <i>rajmah</i>, egg whites, skinless chicken and fish) to balance your meals.</p> <p>Keep shuffling between different non-starchy vegetables.</p> <p>Use 3-4 types of <i>dals</i> for complete protein.</p> <p>Avoid white polished rice completely since it lacks fiber. Instead opt for unpolished rice, millet rice or brown rice.</p> <p>Avoid having fruits with meal. Instead have them as a snack [in small quantity] between meals.</p>
Evening tea (6 pm)	<p>1 cup regular tea / coffee</p> <p>OR</p> <p>1 cup green tea (unsweetened)</p>	<p>Opt for sugarless tea/coffee to help save calories.</p> <p>Do not have more than 2 small cups of tea/coffee a day.</p>
Evening Snacks (6:30 pm)	<p>3 almonds, 1 walnut + a fistful of dry roasted <i>makhana</i> [fox nut]</p> <p>OR</p> <p>A tablespoon mixed seeds + 1 small low sugar fruit</p> <p>OR</p> <p>1 <i>katori</i> unsalted roasted <i>chana</i> + 1 slice dried <i>anjeer</i></p>	<p><u>Have a healthy snack at this time; it helps space out calorie's intake.</u></p> <p>Keep shuffling between these healthy snacks, as they will provide a good source of nutrients.</p> <p>Mixed seeds refer to the combination of edible seeds like flax, chia, pumpkin, sunflower, sesame, melon.</p>
Dinner (9 pm)	<p>Twice a week, no carb dinner:</p> <p>1 bowl of sautéed vegetables -onion, French beans, capsicum (sauté in 1 tsp. olive oil) + 100 g <i>tava</i> roasted low fat paneer/ 3 medium pc. boiled chicken or fish</p> <p>OR</p> <p>1 bowl mixed vegetable soup + 1 bowl <i>chana</i> salad (boiled black <i>chana</i> + cucumber, onion).</p> <p>Rest of the week</p> <p>1 <i>jowar roti</i> (if available)/1 <i>phulka</i> + 1 cup <i>dal</i> curry [add vegetables] + 1 bowl salad-</p>	<p>Work on increasing proteins gradually along with some strength exercise, this will help strengthen muscle for better metabolism.</p> <p>Fiber and proteins are key nutrients for weight loss. Include a portion of raw green non starchy vegetables along with whole pulses/lentils at dinner time. This will add fiber and antioxidants to the meal.</p> <p>Twice a week avoid eating carbs for dinner (chapati or rice etc.) have lots of vegetables and soup along with protein. This will help kick-start weight loss while saving on calories.</p>



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	cucumber and tomato + 1 cup buttermilk OR 1 oats and <i>dal chilla</i> [add vegetables] + 1 bowl salad cucumber and beetroot + 1 <i>katori</i> skimmed curd	Maintain the same diet routine for weekends as well. Eat your food slowly to ensure good digestion.
Bedtime (12:30 am)	1 cup warm milk [add a pinch of turmeric and black pepper powder]	Have milk regularly, it has casein protein it helps prevent hunger pangs during sleep. Turmeric and black pepper helps heal inflammation. An early sleep routine helps in effective muscle recovery post exercise.

Nutritional Guidelines:

- ✓ **BMI: 30.1!** Your weight should ideally be in the range of 52 to 55 kg according to your height. You need to eat healthily and engage in regular physical activity to strengthen muscle mass and burn fat.
- ✓ Include a variety of nutritious foods in your diet, so that you get a variety of nutrients. All these are necessary for gaining muscle mass.
- ✓ Include fiber rich cereals like whole wheat, brown rice, *jowar*, *bajra*, *ragi*, oats, etc.
- ✓ Include lots of lean proteins like lean cuts of meat [skinless chicken, fish] egg whites, *dals*, sprouts, whole legumes and lentils (one of it twice every day) in your diet.
- ✓ Eat grilled, steamed, pressure cooked, boiled in a curry form kind of recipes.
- ✓ Go for skimmed or toned dairy products like curd, buttermilk, milk and *paneer*.
- ✓ Have around 3 servings of vegetables and 2 fruits every day.
- ✓ *Fruits especially papaya, watermelon, orange, *musambi*, *amla*, pomegranate, apple, *jamun* are good as these provide fibre, vitamins and minerals.
- ✓ Eat higher calorie sweeter fruits like banana, jackfruit, *seethaphal* and mango 3/ week. Choose whole fruits over juices as they provide fibre.
- ✓ Try to have green leafy vegetables frequently. Avoid oily/ fried vegetable preparations.
- ✓ Avoid bakery products like biscuits, sweets etc. These contain Trans fats which are unhealthy for the heart, the refined sugars in these foods lead to unhealthy fat accumulation.
- ✓ Avoid giving long gaps between meals as regular meals keep your metabolism active and you will not tend to overeat in the next meal after the gap. Adhere to the timing suggested in the shared diet plan for a better routine. Long gaps between meals lowers metabolism and negatively affect digestive health.
- ✓ Avoid sugar completely, as far as possible for the next 2 to 3 months, as sugars tend to affect weight and induce cravings for unhealthy food and cause fat gain.
- ✓ **Water:** Continue to drink 10 to 12 glasses of water every day. This will keep you well hydrated and prevent constipation.
- ✓ Eat healthily and exercise on the weekends too!
- ✓ Follow the diet plan for 1 month, after which you can write back through the portal- <https://1to1help.net/wellnesscoach> for a follow up.

