

MEALS	OPTIONS	QUICK TIPS AND FACTS!
<b>Measures:</b> <b>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)</b>		
<b>Work Timings- 10 am to 7 pm</b>  <b>Ideal Sleep Timings – 11 pm to 7 am</b>  <b>Try and sleep earlier, going to bed at 1 am is too late!</b>		
<b>Early Morning (7L30 am)</b>	1 glass of warm water – add 1 tsp of lime juice and a pinch of cinnamon powder to this + 2 walnuts	Try not to be on an empty stomach for too long .  Eating something at this time, will help kickstart metabolism for active calorie burning.
<b>Exercise from 8 to 9 am</b>  <b>Gradually aim for a mix of cardio and strength training. This will help lower body fat % while increasing muscle mass.</b> <b>Once your sleep timings are regulated try and finish exercise in the morning, so it helps you start your day fresh. It will also keep you consistent.</b>		
<b>Breakfast (9:30 am)</b>	1 bowl of steamed sprouts (add vegetables) + 1 citrus fruit <b>OR</b> 3 plain dosas (very little oil)/ 4 oats idlis + 2 tbsp., mint+ garlic chutney ( <b>avoid coconut, groundnut chutney</b> ) <b>OR</b> 1 bowl of plain rolled oats porridge (with 1 glass of skimmed milk – no sugar/ jaggery/ honey) + 2 tsp of mixed nuts and seeds + 2 boiled egg whites <b>OR</b> 3 besan cheelas [add chopped spinach] + 1 tbsp., tomato or mint chutney+ 1 <i>katori</i> of low fat curd	Having a healthy and nutritious breakfast prevents you from eating unhealthy food and it boosts your metabolism which helps in burning calories.  Maintain portion control to help you cut back on extra calories, this will help you lose weight sustainably.  Make sure all the dishes are prepared in very little oil, especially dosa and cheela recipes.  Try to have plain rolled oats (no flavoured/ sugar coated cereals). Limit pasta as it is made of maida.  Avoid egg yolk [yellow] as it is high in cholesterol.  Coconut and groundnut chutney are high in fat, go for other low calorie veg based chutneys instead.

<b>Mid-morning (11 am)</b>	<p>1 small cup of green tea [unsweetened]</p> <p><b>OR</b></p> <p>1 glass of herbal tea with ginger, tulsi leaves [5 leaves] and a pinch of turmeric powder</p>	<p>Have a hydrating beverage at this time, avoid long gaps between meals.</p>
<b>Lunch (2 pm)</b>	<p>1 bowl tomato-cucumber salad + 1 bowl of brown rice + 1 cup bitter gourd sabzi + 1 cup toor dal + 1 glass skimmed buttermilk</p> <p><b>OR</b></p> <p>2 phulkas+ 1 cup of cabbage sabzi+ 1 cup of tomato raita [made using skimmed curd]</p> <p><b>OR</b></p> <p>1 bowl cucumber mint salad + 1 bowl of veg pulao+ 1 cup of low fat curd</p> <p><b>OR</b></p> <p>1 bowl of onion-cucumber salad+ 2 chapathis / 1 bowl of brown rice+ 1 cup of chicken curry [made with less oil]</p> <p><b>OR</b></p> <p>1 bowl of carrot- sprouts salad+ 1 bowl of brown rice + 1 cup of chole/ rajma/ matki curry+ 1 glass of buttermilk.</p>	<p>A balanced and complete meal consists of whole grains, proteins (soy and soy products, legumes, lentils, daals [avoid channa dal] , low fat paneer, egg whites, lean cuts of chicken), lots of vegetables, skimmed curd or buttermilk.</p> <p>Replace white rice with brown rice. Brown rice is rich in fibre and unrefined.</p> <p>Start your meals with a salad for fibre and healthy nutrients.</p> <p>Have egg whites for protein, avoid the yolk.</p> <p>Avoid fried foods or fried nonveg with meals as it increases calories, and they provide no essential nutrients.</p> <p><b>Include leafy and gourd vegetables that help give fibre and essential nutrients.</b></p>
<b>Evening snack (5 pm)</b>	<p>1 katori fresh pomegranate seeds+ 1-2 walnuts</p> <p><b>OR</b></p> <p>A fistful of roasted, unsalted channa + ½ katori of sliced cucumber</p> <p><b>OR</b></p> <p>1 cup steamed sprouts chaat chopped onions, cucumber and tomato (season with pepper powder &amp; lime juice)</p>	<p>Eat a healthy snack for stable energy levels</p> <p>Plan your meals 2 days in advance, so you are eating healthy.</p> <p>Nuts contain healthy fats that boost good cholesterol.</p> <p>Soak methi and then sprout the seeds. These can be added to sprouts chaat.</p>
<b>Dinner (8 pm)</b>	<p>1 cup of brown rice+ A palm sized piece of pan roasted fish+ 1 bowl of any stir-fried vegetables [avoid starchy vegetables like potatoes]</p> <p><b>OR</b></p> <p>2 phulkas+ 1 cup mixed dal+ 1 cup mixed vegetable curry or</p>	<p>Continue to have your dinner at least 1½ to 2 hours before going to bed. Having an early dinner ensures that you do not go to bed with a full stomach.</p> <p>Avoid white polished rice at dinner time</p> <p>Use turmeric in cooking.</p>

	sabji [avoid starchy vegetables] + 1 katori of low-fat curd. <b>OR</b> 1 cup of millet rice + 1 cup of fish curry+ 1 cup of carrot-tomato salad+ 1 katori of low-fat curd <b>OR</b> 2 phulkas+ 1 cup of channa curry+ 1 cup of raita	Fish contains heart healthy omega 3 fatty acids, cook this in a healthy way with less oil to retain its nutrients and health benefits. Choose this instead of any red meat as it benefits cardiovascular health.
<b>Bedtime (10:30 pm)</b>	1 cup of warm water [add 1 tsp. of flaxseed powder to this]  <b>OR</b> 1 small cup of methi seed water	<b>Alternate between these 2 options on a regular basis.</b>  <b>Flaxseed helps increase good cholesterol. Methi helps lower bad cholesterol and sugars</b>

### **Nutritional Guidelines**

- ✓ Your weight should ideally be between 69 to 74 kg. BMI= 22.7
- ✓ GRAINS: Unpolished rice, atta [use a mix of wheat, oats, soy and ragi], quinoa, millet rice and oats.
- ✓ PROTEIN: Legumes such as lentils, chickpeas, and peas are not only nutritionally dense foods, but also contain resistant starches that help improve gut health. Consumption of legumes may even help lower triglycerides.
- ✓ Limit nonveg to chicken and fish, they can be eaten once a week. Use less oil while preparing them. Avoid red meat as it is high in cholesterol.
- ✓ Have egg whites and avoid the yolk as its high in cholesterol.
- ✓ FAT: Choose healthy fats like- pistachios, walnuts and seeds like- sunflower, flax, chia and pumpkin. Limit any kind of oil to 3 tsp., per day, avoid ghee/ butter.
- ✓ DAIRY: Try to include skimmed curd or buttermilk which contain probiotics and are easy to digest. You can also include low fat paneer.
- ✓ VEGETABLES- Choose lots of colour and non-starchy vegetables. Their fibre helps lower cholesterol.
- ✓ FRUITS: Go for low sugar fruits frequently- apple, pear, orange, *musambi*, grapefruit [*narangi*], papaya, kiwi, guava.
- ✓ HEALING FOODS: Spices like turmeric, ginger, cinnamon, lime.
- ✓ The high fiber content ensures a healthy digestive tract and speeds up the elimination of toxins in the body.
- ✓ Have around 3 servings of vegetables and 1 to 2 low sugar fruits every day – this will increase your fibre intake which is important for fat loss.
- ✓ Low carb fruits- apple, pear, kiwi, papaya, orange, *musambi*, lime, fresh amla, grapefruit [*narthanga*], avocado, guava.

- ✓ High carb fruits- banana, sapota, custard-apple, mango, pomegranate, grapes. Limit to a small portion twice a week.
  
- ✓ **Avoid oily/ fried foods, as these foods will make you gain weight unhealthily.**
- ✓ **Avoid skipping any meals or giving long gaps between meals. This will cause binge eating especially under stress.**
- ✓ **Continue to exercise regularly for at least 60 mins (at least 5 days a week) – it can include 3 days on the weekdays and 2 of the weekend days.**
- ✓ **Try to include a mix of cardio and strength training. Consult a fitness expert (outside) for an exercise plan in line with your fitness goals.**
- ✓ Watch your diet and exercise especially during the weekends!
  
- ✓ Sugar/ honey/ jaggery/ brown sugar: 1 tsp./ day – if needed
- ✓ Oil: 3 tsp/day. Limit butter, ghee.
- ✓ Water: You can increase your intake to 8-10 glasses a day, as staying hydrated is important.
  
- ✓ **Walk for 15 minutes after your meals for better digestion.**

## **APPENDIX**

### Tips to manage healthy lipid profile.

- ✓ You will have to avoid eating all packaged foods, as they have trans fatty acids which can increase your cholesterol levels. They are also high in salt which spikes BP.
- ✓ Increase your fibre intake by incorporating a variety of vegetables and fruits in your diet.
- ✓ Include oats as it contains soluble fiber
- ✓ Include healthy fats like nuts as recommended above
- ✓ Improve your fibre intake which helps lower the risk of cardiovascular diseases with green leafy veggies like amaranth, methi leaves, dill leaves.
- ✓ Exercise [cardio and strength training] should also be included to see better results.
- ✓ You can include oils for cooking like canola oil, groundnut oil, sesame oil. These oils are poly unsaturated and reduces the risk for cardio-vascular diseases.
- ✓ Use garlic, ginger, turmeric, in place of salt. Season salads with lime juice instead of salt.

- ✓ Include healing foods- curry leaf, bitter gourd, cinnamon powder to lower blood sugars.