

DIET PLAN

08:30 AM

Jeera Ajwain Water(1 glass)

or

Fennel Seed Water(1 glass)

or

Methi Seeds Water(1 glass)

09:00 AM

Tea with Less Milk without Sugar(0.5 teacup)

10:00 AM

Chana dal Pudla(2 cheela) Skimmed Milk(1 glass) Coriander Chutney (2 tablespoon)

or

Methi Besan Thepla(2 thepla) Curd, Low Fat(0.5 katori)

or

Poha without Peanut(1.5 katori) Kaala Chana Boiled(1 katori)

or

Brown Bread Vegetable Sandwich(1 sandwich) Grilled Paneer(2 cube)

or

Low Fat Milk(1 glass) Wheat Flakes(40 grams) Mixed Fruit Salad(1 katori)

or

Paneer Paratha Without Oil(2.5 roti) Green Chutney(1 tablespoon)

10:30 AM

Fruit Bowl(1 bowl)

or

Apple(1 small (2-3/4" dia))

or

Orange(2 small (2-3/8" dia))

11:30 AM

Almonds(4 almond) Walnut(2 piece(half of one))

01:30 PM

Bajra Roti(2 roti) Palak Low Fat Paneer(1 katori) Carrot Salad(1.5 katori)

or

Masur Dal Pulao(1 cup) Low Fat Curd(1 cup (8 fl oz)) Cucumber Tomato Salad(1 katori)

or

Bajra Roti(1.5 roti) Lady's Finger Curry(1 katori) Low Fat Curd(1 cup (8 fl oz))

or

Bajra Methi Roti(1.5 piece) Chora Nu Shaak(1.5 katori) Mixed Vegetable Salad(1 katori)
Buttermilk(1 glass)

or

Chana Dal with Doodhi(1 cup) Tomato Cucumber Salad(1 katori) Rotla(1.5 roti/chapati)
Buttermilk(1 glass)

or

Bajra Roti(1.5 roti) Carrot cucumber salad(1.5 katori) Chana Dal Palak(1.5 katori)

or

Bajra Roti(1.5 roti) Kala Chana Masala(1 katori) Tomato Cabbage Capsicum Sabji(1 cup)

04:00 PM

Roasted Chana(30 grams)

or

Paneer Corn Masala(100 grams)

or

Boiled Chana Chaat(100 gram)

or

Besan Dhokla(2 dhokla) Green Curd Chutney(1 tablespoon)

06:00 PM

Mung Bean Sprouts(1 katori)

07:30 PM

Mung Dal and Fada Khichdi(1 bowl) Cauliflower with Peas Sabji(1.5 katori) Cucumber Tomato And
Carrot Salad(1 katori)

or

Stir Fried Vegetables with Paneer(1 katori) Besan Cheela (2 cheela)

or

Moong and Chana Dal Steamed Dhokla(3 piece) Kothmir Chutney(1 serving(1.0 tablespoon)) Stir
Fried Vegetables(1 bowl)

or

Bajra Roti(1.5 roti) Rasawala Mag(1 katori) Ringan nu Bhartu(1 katori)

or

Bajra Roti(1.5 roti) Lauki Chana Dal(1 katori) Beans Potato Sabji(1 katori)

or

Vegetable Khichdi(1 bowl) Low Fat Curd(1 katori) Carrot Salad(1 katori)

or

Veg Biryani(1.5 katori) Low Fat Curd(1 cup (8 fl oz)) Cucumber Salad(1 katori)

NOTE :

Follow following guidelines when you start your diet:

1. Start with positive mind and ensure 6-8 hours of sleep daily.
2. Log your meals daily so I can keep a watch.
3. Update your weight every 14 days, weight when you wake up, on the same scale, at same place and preferably same cloths. Do not weigh if constipated, bloated and having periods.
4. Drink 10-12 glasses of water daily. Drink at every spaced interval and not all at once.
5. Avoid refined cereals, bakery items, canned and packaged foods, fried and sweet items.
6. Avoid fruit juices, soft drinks and alcohol. Avoid eating out a lot.
7. Use maximum of 3 tsp of oil/ghee/butter in a day and no or less than 1 tsp of sugar in a day.
8. Finish your salad or soup first and then eat your lunch or dinner.
9. Eat slowly, chew every bite properly.
10. Remain active for at least 45-60 minutes daily 5-6 times a week. Do not exercise on empty stomach or right after meal.
11. To maintain healthy blood levels of vitamin D, aim to get 10-30 minutes of mid-day sunlight several times per week.

HEALTHY FOOD CHOICES TO KEEP YOUR SUGAR UNDER CONTROL

Establish a routine for eating meals and snacks at regular time every day.

Do not starve or skip a meal or go on an empty stomach.

Go for the healthiest carbohydrate foods like whole grains, oats, cereals, legumes, dried beans, peas, lentils, low fat dairy products, fruits, and vegetables.

Importance of portion control

To help control your blood sugar, eat about the same amount of carbs every day, spaced throughout the day

Limit saturated fats

When you have diabetes, you are at an increased risk of heart disease & stroke. Limit the amount of saturated fat (eg. animal product)

Keep low on trans fats, avoid re - heating oil.

Opt for baking, roasting, steaming or boiling instead of frying.

Seasoning & frying of all foods should be within the oil allowance.

Free foods-

Can be taken between meals and also whenever there is a feeling of hunger. Clear

vegetable soup

Raw vegetable salad

Diluted skimmed buttermilk

Unsweetened lime & tomato juice Flavoring

extracts

Seasonings like onion, garlic, mint, coriander, curry leaves, mustard, spices and vinegar. (Cannot be eaten as such)

RESTRICT THESE FOODS TO MAINTAIN YOUR SUGAR

Refined & simple carbohydrates like sucrose, glucose or fructose, white rice, white bread, potato, table sugar, jaggery, sweets, honey, corn-syrup.

Fruits like banana, mango, custard apple, jack fruit, sapota and grapes. Root

vegetables like potato, tapioca, sweet potato, yam, colocasia etc.

High fat food like dry nuts & oilseeds, full cream milk, butter, cheese, ghee, red meat, egg yolk and bakery products etc.

Take a control over your diabetes with a healthy life style!!!!!! Dietary

guidelines for cholesterol-

Eat plenty of soluble fiber. Foods high in soluble fiber help prevent your digestive tract from absorbing cholesterol. These foods include:

1. Whole-grain cereals such as oatmeal and oat bran
2. Fruits and vegetables
3. Legumes such as kidney beans, lentils, chick peas, black-eyed peas, and lima beans

B. Eat lots of fruits and vegetables. A diet rich in fruits and vegetables can increase important cholesterol-

lowering compounds in your diet and helps lower blood sugar levels.

C. Eat fish that are high in omega-3 fatty acids. These acids won't lower your LDL level, but they may help raise your HDL level. They may also protect your heart from blood clots and inflammation and reduce your risk of heart attack. Fish that are a good source of omega-3 fatty acids include salmon, tuna (canned or fresh), and mackerel. Try to eat these fish two times a week.

Limit foods with cholesterol. If you are trying to lower your cholesterol, you should have less than 200 mg a day of cholesterol. Cholesterol is in foods of animal origin, such as liver and other organ meats, egg yolks, shrimp, and whole milk dairy products.

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refined cereals, bakery items, canned and packaged foods, fried and sweet items. Finish

your salad or soup first and then eat your lunch or dinner.

Eat slowly, chew every bite properly.

Remain active for atleast 45-60 minutes daily 5-6 times a week. Do not exercise on empty stomach or right after meal.

QUANTITY HELP



Commonly asked questions

Why does my diet plan have limited options?

Your diet plan has been created ensuring a balance of easily-repeatable meals with sufficient variety so that it doesn't feel monotonous. Your Diet Coach has given you 7 options for each major meal (i.e. Breakfast, lunch, and dinner). You have also been provided 3 to 4 options for snacks that you can have between the major meals. Along with that, your coach has provided you with slight variations for each option (for example replace a vegetable/fruit with any seasonal vegetable/fruit etc). In case you need further modifications to your plan, your coach will be happy to help you. You can reach out to them via coach chat or a call.

How often will my diet plan be changed?

Your diet plan will be changed every month so that you have enough time to adapt to the diet and reap its benefits. This is done based on enough scientific research. However, if you need any modifications or variations in your diet before the 4 weeks period, your Diet Coach will be happy to help you.

Why does my plan seem monotonous?

It is perfectly normal to feel that way. The diet plan has been designed to ensure that the meals are simple enough and repeatable so you can stick to it easily. If your plan seems too monotonous you can check out the "Recipes" section of the app or ask your Diet Coach for some more variation in your plan. However, try to stick to a diet plan for the suggested amount of time to adapt to it and reap its benefits.

What can I do if my plan doesn't consider my preferences?

Your diet plan is based on the inputs shared by you and the first conversation between you and your Diet Coach. However, if you feel unhappy with your diet plan, feel free to message or book a call with your coach. They will be happy to help you out and make any necessary changes.

Why do I not see results despite following the plan?

Don't be disheartened if you don't see results immediately. Weight loss doesn't depend on diet alone, there are factors such as metabolism, sleep, stress, and more that influence the process. However, if you have been consistent with the plan but haven't been noticing results for more than a month, feel free to reach out to your Diet Coach for assistance and advice. They can help you make the necessary changes to your plan.

What do I do if I am unable to follow the plan every day due to a busy schedule?

Don't worry! Following a plan every single day might get difficult at times. Work together with your Diet Coach to come up with simple modifications that will suit your hectic lifestyle. You can try preparing your meals in advance to help you save on cooking time and deciding what to eat. Small things like portion control, including enough protein and fibre in your meals will also help if you can't follow the plan completely.