

Breakfast 8:30 AM	Milk-1 Glass Museli	Milk-1 Glass Masala oats -1k	Boiled eggwhites-2-3 Bread-2	Milk-1 Glass Besan chilla -1	Milk-1 Glass Veg Dalia-1 K	Milk-1 Glass Veg Upma -1 K	Eggwhite omelet-2-3 Bread-1
Mid- Morning 10:30AM 11:00 AM	Fruit -1 Bowl	Fruit -1 Bowl	Fruit -1 Bowl	Fruit -1 Bowl	Fruit -1 Bowl	Fruit -1 Bowl	Fruit -1 Bowl
Lunch 1:30PM 2:00 PM	Salad-1 bowl Roti-2 Veg-1 K Curd OR Buttermilk	Salad-1 bowl Rice -1 K Dal-1 K Curd OR Buttermilk	Salad-1 bowl Roti-2 Veg-1 K Curd OR Buttermilk	Salad-1 bowl Rice -1 K Dal-1 K Curd OR Buttermilk	Salad-1 bowl Roti-2 Veg-1 K Curd OR Buttermilk	Salad-1 bowl Rice -1 K Dal-1 K Curd OR Buttermilk	Salad-1 bowl Roti-2 Veg-1 K Curd OR Buttermilk
5:00 PM	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k	Tea-1 Cup Makhana -1 k
6:30 PM	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2	Almonds-8 Walnuts-2
Dinner 8:00PM 9:00 PM	Salad-1 bowl Multigrain Roti- 1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti- 1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti- 1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti- 1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti-1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti-1 Veg-1 K Dal-1 K	Salad-1 bowl Multigrain Roti- 1 Veg-1 K Dal-1 K

IMPORTANT NOTES

House Hold Measures:

- 1 Cup = 150 ml
- 1 Glass = 200 ml
- 1 Katori = 100 ml(Medium Size)
- 1 Bowl = 200 ml (Large Size)
- 1 Tea Spoon = 5 gms
- 1 Table Spoon = 15 gms
- 1 Cup Chicken or Fish = 145 gms or 2 Pieces

Few Healthy Diet Concepts

- **Healthy Breakfast:** Try to have breakfast within 2 hours of waking up. It should be rich in protein such as low fat milk and cereals such as oats, dalia, wheat flaks, multigrain bread, brown rice.
- **Small and Frequent Meals:** Eat every two and half hours ,take 5 or 6 meals in a day instead of 3 big meals. Which means have 3 main meals with 2 light snacks in between them.
- **Limit your Fat intake:** Use of oil should be 4 tsp per day. Also, oil should be use in rotation with different varieties. Although 1 tsp (5 gm) of Ghee is to be taken per day including daily fat intake. : Oils like olive oil, canola oil, rape seed oil, ground nut oil, mustard oil and sesame oil should generally be preferred, as they enhance heart health. Always purchase small quantities of oil to avoid long term use & change the variety of refined oil at every purchase to prevent deficiency of essential fatty acids. Essential fatty acids are helpful in lowering blood pressure and cholesterol and for eye & brain function
- **Milk and Milk products:** 500 ml per day of Low-fat milk and its products should be there.
- **Salt and Sugar:** Use salt and sugar sparsely while cooking meals. Try avoiding sprinkling salt over fruits and salads. Avoid or use very less of sugar in tea/coffee/milk.
- **Fruits as a Snack:** Use fruits as a gap filter in between your main meals.
- **Munch on High Protein Snacks** such as egg white, roasted chana, sprouts, boiled chana chaat.
- **Nuts:** Daily intake of 8-10 almonds and 3-4 walnuts is helpful.

- **Lean Meat:** Try avoiding red meat. Chicken and fish can be taken in boiled, baked, grilled or roasted form. Use egg whites instead of whole eggs. Two egg whites can replace one whole egg. Prefer boiled, poached or scrambled egg in place of omellete, egg curry or other high fat preparations. Enjoy grilled, roasted or boiled chicken or fish instead of prepared in rich gravies or in deep fried form

Foods to Allowed:

- **Fruits:** apple, pear, peaches, papaya, guava, jamun, orange, sweetlime , water melon , berries . (200-250 gms)
- **Cereals allowed:** whole wheat, wheat flakes, muselli, suji, oats Brown rice, boiled rice.
- Pulses And Legumes are allowed.
- **Vegetables:** light vegetables like ghia, tori, tinda, parwal, ladyfinger, tomatoes, cauliflower, cabbage, broccoli, drumstick, green leafy vegetable.
- **Milk and milk products:** Prefer low fat milk products (Eg:-paneer, curd, buttermilk)
- **Oils:** keep changing your oils
- **Egg, poultry & fish:** eggs and low-fat egg preparations, chicken & fish
- Raw and Boiled vegetables
- Beverages like Buttermilk, vegetables juices, coconut water, fresh lime water, soups.

Foods To Avoid

- **Fruits:** mango, banana, musk melon, cheeku, grapes, leechi, sugar cane.
- **Cereals:** refined wheat flour, polished rice, sago (sabudana), arrowroot.
- **Vegetables:** potato, raw banana, sweet potato, arbi (colocasia), jack fruit(kathal).
- **Fats:** butter, cream, margarine, mayonnaise Excess of fried foods such as pakora, puri.
- **Non veg:** egg yolk, mutton, organ meats, pork, and beef
- **Milk and milk product:** full cream milk, buffalo milk.

- Processed and canned foods.
- Fruit Juices

Outing Advice:

- Stay hydrated
- Control your Portions
Control the carbs in the dinner time

Some Healthy Snacks

- Roasted Chana
- Roasted Peanuts – 40 gm only
- Sprouts chaat
- Besan and Moong Dal Chilla
- Boiled Corns
- Boiled Chana/ Chole
- Puffed rice snacks
- Chiwda namkeek

Outing food:

- Sambhar dosa/idli
- Missi roti, Dal, missi roti, salad, curd or buttermilk
- Boiled egg burji
- Roasted chicken/fish
- Paneer tikka
- Roasted paneer cubes
- Stuffed veg /paneer roti