

Name: Viswa
Age: 41
BMI: 28.34
Weight: 80.0
Diet Preference: Eggetarian
Nutritionist Name: aastha.grover@healthifyme.com

06:45 AM

Warm Water with Cinnamon(1 glass) Soaked and peeled almonds(5 almond) Soaked Walnut(1 walnut)
or
Warm Water with Lemon(1 glass) Soaked and peeled almonds(5 almond) Soaked Walnut(1 walnut)

08:00 AM

Orange(1 fruit (2-5/8" dia)) Pumpkin Seeds(2 teaspoon)
or
Pear(1 small) Pumpkin Seeds(2 teaspoon)
or
Mixed Berries(1 cup) Pumpkin Seeds(2 teaspoon)
or
Papaya(1.5 cup 1" pieces) Pumpkin Seeds(2 teaspoon)

10:00 AM

Vegetable Upma(2 chinese bowl(small)) Sprouts(0.5 chinese bowl(small)) Skimmed milk, liquid(1 glass)
or
Egg White Mushroom Omelette(1 omelette(2 egg whites)) Brown Bread(2 slice) Skimmed milk, liquid(1 glass)
or
Paneer Stuffed Roti(2 piece) Mint Chutney (1 tablespoon) Skimmed milk, liquid(1 glass)
or
Egg White Vegetable Omelette(1 omelette(2 egg whites)) Brown bread(2 slice) Skimmed milk, liquid(1 glass)
or
Oats Porridge(1 bowl)
or
Vegetable Poha(2 chinese bowl(small)) Sprouts(0.5 chinese bowl(small)) Skimmed milk, liquid(1 glass)
or
Brown Bread Vegetable Paneer Sandwich(1 sandwich) Skimmed Milk(1 glass)

02:00 PM

Roti(2 roti/chapati) Bhindi Sabji(1 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
Cooked Red Gram Dal(1 chinese bowl(small))
or

Boiled White Rice(1 chinese bowl(small)) Masur ki Dal(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Roti(2 roti/chapati) Capsicum Sabzi(1 chinese bowl(small)) Soyabean Curry(1 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Boiled White Rice(1 chinese bowl(small)) Tur Dal(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Vegetable Paneer Pulao(2 katori)
or
Boiled White Rice(1 chinese bowl(small)) Homemade Sambar(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Roti(2 roti/chapati) Beans Sabzi(1 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
Cooked Lentil Dhal(1 chinese bowl(small))

04:00 PM

Roasted Chana(2 tablespoon) Tea without Sugar(1 teacup)
or
Roasted Grams(2 tablespoon) Tea without Sugar(1 teacup)
or
Roasted Makhana(0.75 cup) Tea without Sugar(1 teacup)
or
Khakra(2 mini khakhra) Tea without Sugar(1 teacup)

05:45 PM

Dates(2 small date, pitted)
or
Banana(1 small(4.5" long))

06:00 PM

Boiled Egg White(2 egg white)
or
Low Fat Paneer(40 grams)

08:30 PM

Chana Dal Stuffed Roti(1 roti/chapati) Mix Vegetable(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Vegetable Roti(1 vegetable roti/chapati) Bengal Gram Dal (1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Boiled White Rice(1 chinese bowl(small)) Rajma Curry(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))
or
Boiled White Rice(1 chinese bowl(small)) Cooked Green Gram Dal(1 chinese bowl(small))
Vegetable Salad(1 chinese bowl(small))
or
Vegetable Khichdi with Soya Chunks(2 katori) Vegetable Salad(1 chinese bowl(small)) Low Fat

Paneer(40 grams)

or

Boiled White Rice(1 chinese bowl(small)) Black Chana Curry(1.5 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))

or

Roti(1 roti/chapati) Paneer Peas Curry(1 chinese bowl(small)) Vegetable Salad(1 chinese bowl(small))

10:30 PM

Skimmed Milk with Turmeric(1 glass)

or

Skimmed Milk with Cinnamon(1 glass)

NOTES

GENERAL RECOMMENDATIONS:

- Rice to be taken with vegetable and dal and in a boiled form after removing starch.
- Avoid fruit juices and consume whole fruits.
- Potato can be consumed along with vegetables keeping the ratio of veg:potato as 3:1.
- Any processed food available in packets, bottle or carton should be avoided, for example: mixtures, math ri, pickles, bread, cold drinks, biscuits, etc.
- Do not sieve flour so as to include bran or multigrain flour can also be taken.
- Water intake to be atleast 2.5 – 3liters per day, if less it needs to be increased gradually.
- The difference between dinner and bedtime should be minimum 2 hours; take a stroll of 10-15 minutes post lunch and dinner.
- 3 – 4 spoon of oil/ghee to be used in a day in cooking processes, avoid fried items.
- Minimize use of sugar, instead jaggery, organic honey, mishri, raisins or date can be taken in moderate quantity as sweeteners.
- Avoid skipping meals or replacing meals with snacks.
- Avoid any packed or processed food item.
- Do not take meals while watching TV or any screen, be mindful to avoid over eating.
- For salad, all seasonal vegetables can be used.
- 1 Lemon can be used daily by adding in meals or salads.
- Focus on daily exercise along with pre and post workout meals.
- Take care of portion size when eating out or getting a home delivery.
- Healthy sleep of 7-8 hours is required for a good health.
- Take 1 glass of water 20 minutes before lunch and dinner.
- 1 tsp saunf can be taken after each meal to help with digestion.

EAT HEALTHY AND BE MINDFUL

QUANTITY HELP



Katori
150ml



Small Bowl
150ml



Tea Cup
180ml



Bowl
350ml



Cup
250ml



Glass
250ml



Large Glass
350ml