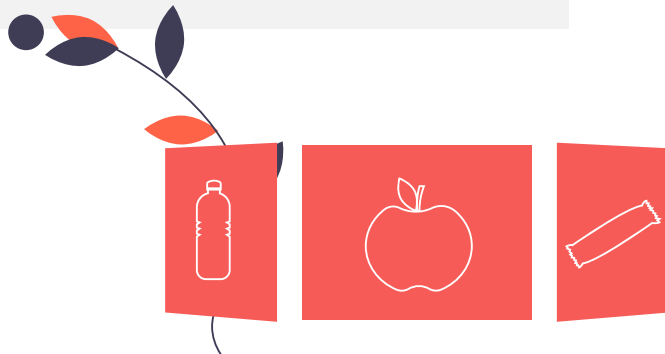




Plan your own diet / Eat in a structured manner



#AreYouReady to #LiveHealthy



Why?



Helps you manage your weight better



Makes you feel full of energy



Prevents acidity and bloating



Helps manage blood sugar levels and thus prevents diabetes



Helps manage your blood pressure, cholesterol levels etc. thus preventing lifestyle related diseases such as hypertension and Hypercholesterolemia etc.

PORTION is the key, so take all food items in variety and measured quantities.

1 cup = a container which can hold 250 ml of water
Always measure 'cooked' portions of foods

Meal 1: 7am

Water at normal temperature with 1/2 lemon and 1/2 tsp honey - 1 glass

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Option 1: Any fresh fruit (Banana/ Apple/ Pear/ Guava/ Papaya etc.)

Option 2: 5- 6 piece Almonds

Meal 2: 9am

Option 1: Vegetable poha/ Upma/ vermicelli/ Sabudana khichdi + 2 boiled egg Whites/ paneer pieces - 45g

Option 2: Sandwich + 2 boiled egg Whites/ paneer pieces- 45g

Option 3: Parantha + any veg- 1/2 cup + curd- 1/2 cup

Option 4: Idli / Plain dosa/ Oats chilla + chutney - 3 to 4 tsp + 2 boiled egg White/ paneer pieces- 45g

Option 5: Milk with dalia/ oats/ muesli

Meal 3: 11am

Options: Buttermilk / Tender Coconut Water / Vegetable Juice - 1 glass

Meal 4: 1pm

Phulka/ Rice/ Broken wheat/ Millets/ Quinoa + dal/ paneer pieces- 45g / curd or raita/ chicken or fish 80-120g + any veg + salad/ sauteed vegetables

Meal 5: 4pm

Papaya/ Watermelon/ Muskmelon- 1 cup/ Pomegranate or Berries - 1/2 cup/ Sweetlime/ Orange/ Kiwi- 1

Meal 6: 6pm

Option 1: Fistful of roasted chana/ Fistful of roasted peanuts/ Fistful of sunflower or pumpkin seeds/ Khakra- 1/ 5-6 piece nuts (Almonds/ walnuts/ pistachios)

Option 2: Roasted puffed rice bhel- 1 cup

Option 3: Roasted puffed rice / makhana

Option 4: Sandwich with cucumber and tomatoes

Meal 7: 8pm

Option 1: Phulka/ Rice/ Millets / Broken Wheat + dal/ paneer pieces- 45g/ curd or raita/ chicken or fish - 80-120g + any veg + salad/ sauteed vegetables/ soup

Option 2: Khichdi + curd/ raita + salad/ sautéed vegetables/ soup

Meal 8: 10pm

Only if you stay awake till late

Option 1: Plain Milk without sugar

Option 2: 5-6 pieces of nuts or dry fruits (almonds, walnuts, pistachios, dates, figs etc.)

Option 3: Any fresh fruit

Disclaimer: This meal plan is a generic one and is not specific to any particular body type or gender. It is meant to provide a sense of how meals should be planned and divided throughout the day. It is not catering to any specific weight / medical condition and results can be completely individualistic, where applicable. Avoid the food item which you are allergic to.