

ON (4:00 p.m.)	snack	snack	snack	snack	snack	snack	low calorie snack
LATE AFTERNOON (6:00 p.m.)	Fruit/salad 1 bowl/ Smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/ smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/ smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/ smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/smoothie + 1tsp seeds mix	Fruit/salad 1 bowl/smoothie + 1tsp seeds mix
BEFORE DINNER	Any homemade soup/Chia seed water	Any homemade soup/Chia seeds water*	Any homemade soup /Chia seeds water*	Any homemade soup/Chia seeds water*	Any homemade soup/ Chia seeds water*	Any homemade soup/Chia seeds water*	Any homemade soup/ Chia seeds water*
DINNER (8:00pm-8:30 pm)	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti	Seasonal vegetable + 1 roti
BEFORE BED		Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea

*Chia seeds water: Soak 1 – 2 tsp chia seeds in water for 15-20 mins and drink it.

*Vegetable soup: Add vegetables (cabbage, tomato, broccoli, cauliflower or any other vegetable you wish to add) in boiling water. Add some crushed ginger and garlic into it. Sprinkle some salt and black pepper into it. Boil until the vegetables are soft. Mast them slightly. Drink without straining.

GENERAL INSTRUCTIONS:

- Drink 8-10 glasses of water daily.
Always prefer a bowl of salad before meal, as it contains good amounts of fibre that will makes you feel full and will help avoid excessive eating.
- Same is for soup and chia seeds water.
- Avoid using salt over salads or fruits.
- Cook vegetables in minimum oil.
- Don't drink water before or after half hour of meal consumption as it dilutes the stomach secretions that are essential for digestion.
- Chew your food properly, especially dry fruits; they go undigested if not chewed properly.
- Prefer fruits over fruit juices.
- Eat mindfully: Be fully aware while having your meals. Keep a check on your chewing and make sure that you don't eat more than your hunger.

□ Foods to be avoided: Butter, cheese, chocolates, cream, ice cream, deep fried foods, paranthas, poories, potato chips, pastries, potatoes, sweet potatoes, honey, jams, carbonated beverages, juices, etc.

- Low calorie fruits: Apple, Kiwi, Watermelon, Oranges, Papaya, Strawberries, Pomegranate.
- High calorie fruits (should be avoided): Banana, Grapes, Chikoo, Mango, Dates.
- High calories vegetables (should be avoided): Potatoes, sweet potatoes, colocasia (arbi).