

DIET PLAN

YOUR DETAILS

- **Name** – Varsha
- **Weight** – 90 kilos
- **Height** – 5 feet 5 inches
- **Activity** – lightly active
- **Medical Conditions** – no
- **Diet Preference** (veg/non-veg/eggetarian) – non veg

TECHNICAL DETAILS (for internal purposes only)

- **BMR** = 2025 kcals
- **Estimated PAL** = 1.1
- **TDEE** = 2227 Kcals

EARLY MORNING (AFTER GETTING UP)

One glass normal water.

MORNING DRINKS (any one)

Morning drink	Amount	Description
Cinnamon water	1 glass	(Soak 1 cinnamon stick in 1 glass water overnight, boil the water for 5 minutes in morning, strain and drink OR Add 1/4 th tsp. cinnamon powder to 1 glass lukewarm water and drink)

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Jeera dhaniya water	1 glass	Soak 1 tsp. cumin seeds and 1 tsp. coriander seeds in 1 glass water overnight, boil the water for 5 minutes in the morning along with the seeds, strain and drink)
Chia seed water	1 glass	(Soak 1 tsp. chia seeds in 1 glass water overnight, In the morning add ½ lemon, and drink the water along with the seeds)
Lemon honey water	1 glass	Add ½ lemon and ½ tsp. honey in 1 glass lukewarm water and drink the water

PRE-WORKOUT MEAL (HALF AN HOUR AFTER WAKING UP)

5 soaked almonds and 5 soaked raisins.

POST WORKOUT MEAL OPTIONS

Post workout meal	Amount	Description
Skimmed milk	250-300 ml	Double toned or fat free milk
Protein powder	1 scoop	Mix protein powder in water
Egg whites/tofu	50-70 gm tofu 2-3 egg whites	Can have either in raw form or lightly tossed

NOTES

- If working out in evening then have your post workout meal in evening only.
- If working out in morning then you can have your post workout meal and breakfast together.
- You can choose from the above options.

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BREAKFAST OPTIONS (8 AM -9 AM)

Breakfast options	Amount	Description
smoothie	1 glass	Toned milk(200 ml) + soaked dry fruits(soaked dates + soaked almonds +soaked anjeer)+ any fruit like banana/apple
Oats chia pudding	1 bowl	Soak oats (2-3 tspn) + chia seeds (2 tspn) in milk overnight. Top it with seasonal fruits have it.
Masala oats	200 gm.	Make masala oats by adding soya chunks and vegetables to plain oats.
sandwich	1 sandwich(2 bread slices)	Make sure to have multigrain/brown bread. Stuffing can be tofu/egg whites/grilled chicken+ vegetables.
Sprouts salad	150-200 gm.	(Sprouts used can be chana/ moong/ moth)

NOTES

- Keep changing breakfast options, don't have same breakfast every day.

MID MORNING SNACKS (10:30 AM – 11:30 AM)

Mid-morning snacks	amount	description
Green tea	1 cup	
Mint coriander juice/palak tomato juice	1 glass	(To make mint coriander juice- Take 1 handful mint leaves, 1 handful coriander leaves, wash it well, add it to a blender adding a little water, add this paste to 1 glass

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		<p>water, add lemon, black salt and bhuna jeera to it and enjoy this refreshing drink)</p> <p>(To make palak tomato juice- Take 5-7 palak leaves, 1 tomato, wash it well, add it to a blender adding a little water, add this paste to 1 glass water, add lemon, black salt and bhuna jeera to it and enjoy this refreshing drink)</p> <p>(This juice is beneficial for people having constipation issue)</p>
Butter milk	1 glass	(can add bhuna jeera, pudina to it)
Fruit	1 piece	Any local seasonal fruit.

NOTES

- Mid-morning snack is optional.
- If had breakfast after 10 am then skip mid-morning meal.

LUNCH (12:30PM-1:30 PM)

Lunch options	Amount	Description
khichdi	1 bowl	Khichdi can be made by using any daal of your region and grains like daliya, rice, barley etc. add good amount of vegetables and soy chunks. Avoid starchy vegetables like potato.
Chicken/fish salad	100 gm grilled chicken/fish	Grilled chicken/fish + sautéed vegetables
vegetables	Ad libitum	As much as you like

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Tofu bhurji with one bread toast/roti	100 gm tofu and one multigrain/brown bread/one small size roti.	Make tofu bhurji using vegetables like capsicum, onion etc.
Curd/buttermilk	50 gm.	Half bowl curd can be included with any of the above options of lunch.

NOTES

- Non-starchy vegetables refer to vegetables such as – spinach, kale, broccoli, cabbage, cauliflower, capsicums, onions, mushrooms etc.
- Please ensure that you use refined cooking oil for cooking purposes but virgin and extra-virgin oils for drizzling in salads.
- Vegetables can be either boiled or sautéed in the oil allocated in this meal.

EVENING SNACKS (4 PM-5 PM)

Evening snack options	Amount	description
Tea/coffee/green tea	1 cup	Tea/coffee should be made in little or no sugar. Can add stevia.
Roasted mixed grain/makhana/peanut/chana	1 fistful	No oil will be used.

DINNER (7PM-8PM)

Dinner options	Amount	Description
khichdi	1-2 bowl	Khichdi can be made using any daal, rice/daliya/quinoa/oats etc. make sure to include vegetables and soy chunks/tofu to it (25-40 gm)
Chickpea/rajma beans salad/egg white salad	1-2 bowl	Salad can be made by adding boiled chickpeas/rajma/3-4 egg whites and vegetables of your

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		choice. Add lemon and crushed peanut to it.
Soup	1 bowl	Make soup using winter vegetables like spinach, broccoli, carrot, tomato etc. add 100 gm of chicken or 3-4 egg whites.

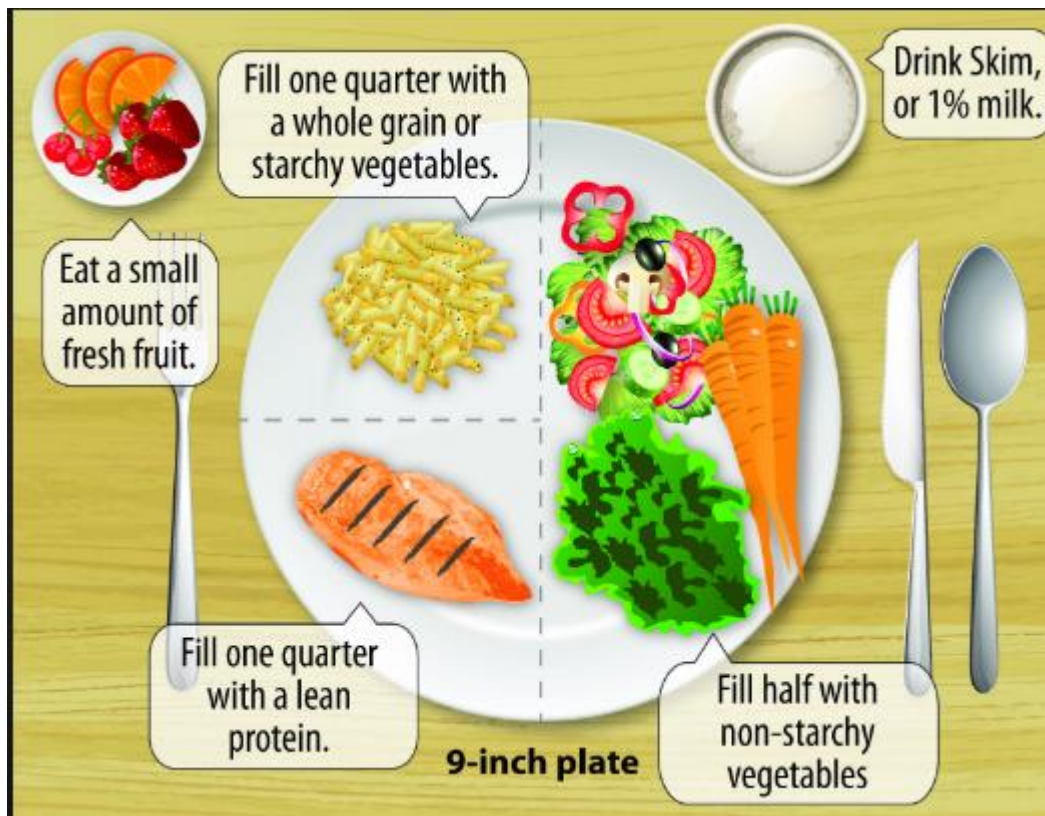
LIFESTYLE RECOMMENDATIONS

- Keep changing the meal options.
- In case of sweet craving can have a small piece of dark chocolate or 3 -4 raisins.
- Drink 3 -4 litre water daily.
- Eat slowly and enjoy your meals
- Do mindful eating and eat in a relaxed and quiet environment.
- If you feel hungry in between you can have salads/ buttermilk/ lemon water.
- Check weight once in a week only.
- Complete a total of 8k steps every day.
- Avoid eating anything between 8 :30 pm & 6 am
- Make sure to intake protein in each and every meal
- Include 2 -3 fruits daily

AVOID

- Maida, sugar, gur, khand, honey
- Starchy vegetables
- Ketchup and sweets
- Bakery products, chocolates, cakes
- Cold drink, aerated drinks
- Use sendha namak instead of normal salt
- Fried items.

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A HEALTHY PLATE METHOD

For more details:

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