

## Design your own healthy diet:

- Cut your calories by 10-20%
- Eat a balanced diet
- Take small frequent meals
- Switch 1-2 meals with seeds and fruits.
- Cut excess sugar and salt. Switch to healthy snacks

- Add millets to your daily diet. Switching to a multi-millet atta can be a game changer.
- Exercise regularly and make it a habit.
- Keep check on lifestyle diseases.
- With this diet, you will be able to lose weight without starving.
- Although it does not have the same effect on everyone, but you may achieve up to 4kgs of weight loss with this diet in 2 to 3 months.

## Keep in mind

- For choosing the best diet, you need to focus more on your food choices instead of a tailor-made meal plan.
- It all depends on your age, gender, physical activity, and fitness goals. And yes, there is no single diet that can be deemed as a 'perfect one' for all people. So, the key here is to pick the best food options from the available food groups.
- Additionally, you may have to decrease the consumption of a certain food item while increasing your consumption of others. You also have to pay special attention to the portions and serving sizes.
- Even though being on a strict diet plan limit you to certain food types, you can still have the best tasting and nutritious meals with what you choose.
- In order not to compromise your health and to lose weight, it will be enough to take in only 1400-1600 calories a day for you.
- Make sure to consult your physician before making any sudden changes in your daily calorie intake and for any customization. Our experts are always at your service.
- This diet is known to be effective in 70% of people. You can see that the results of the diet are much better if you exercise regularly.



# Diet Plan

FOR FEMALES



*Start healthy*

**EARLY MORNING**  **6AM**

**CORIANDER WATER/IMMUNITY DRINK**  
 SOAK THESE NUTS EACH NIGHT AND HAVE THEM EMPTY STOMACH IN NEXT MORNING  
 5 AMERICAN ALMONDS, 5 PISTACHIOS, 5 TO 10 KALA CHANA, 3 HALF PCS WALNUT, 1/4TSP PUMPKIN SEEDS AND 1/4 TSP SUNFLOWER SEEDS  
 1/2TSP CHIA SEEDS SOAKED SEPARATELY WITH WATER (CONSUME WITH ITS WATER).

**FRUIT BREAK**   **11AM**

1 PORTION OF FRUIT  
 (2/3RD CUP GRAPES/ 1/2 LARGE MANGO/  
 1 ORANGE/ 1/3 PAPAAYA/ 1 APPLE / 1 CUP DICED PINEAPPLE/ 1 BANANA)

*Small Meal*

**LUNCH**  **2PM**

1 SERVING/CUP OF LEGUMES OR VEGETABLE MEAL COOKED WITH OLIVE/MUSTARD OIL  
 2 MEDIUM MULTI-MILLET CHAPATI  
 SEASONAL GREEN SALAD (1 MEDIUM CUCUMBER + 1 TOMATO)

**DINNER**   **8PM**

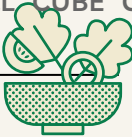
1 SERVING/CUP OF LEGUMES OR VEGETABLE MEAL COOKED WITH OLIVE/MUSTARD OIL  
 2 MEDIUM MULTI-MILLET CHAPATI




*Drink plenty of water*

*new day new meal*


**BREAKFAST (ANY 1)**  **8AM**

1 BOWL BOILED WHEAT PASTA ALONG WITH 1 BOILED EGG WHITE OR SMALL CUBE OF COTTAGE CHEESE (20G)   
 1 CUP QUINOA  
 1 VEG SANDWICH (2 SLICE WHOLE WHEAT BREAD + 1/3RD MEDIUM CUCUMBER + 1 AVERAGE TOMATO)  
 2/3RD CUP OATS  
 1/2 CUP MULTI MILLET KHICHDI WITH BROWN RICE + 1/4TH CUP DAHI OR YOGURT  
 1 CUP MULTI MILLET DALIA+ 1CUP MILK (WITHOUT SUGAR OR WITH STEVIA)  
 1 CUP POHA WITH PEANUTS + 1 CUP MILK (WITHOUT SUGAR OR USED WITH STEVIA)

**SNACK (ANY 1)**  **5PM**

2 MOONG DAAL CHEELA OR  
 1 PORTION OF FRUIT OR   
 1 CUP TEA WITH MILK/GREEN TEA WITH STEVIA + 1 SUGARFREE BISCUIT OR SNACK

**BEDTIME SNACK**  **10PM**

1 GLASS OF SEMI-SKIMMED MILK OR 1 PORTION OF FRUIT   
 1/2TSP CHIA SEEDS SOAKED SEPARATELY AND CONSUMED WITH ITS GEL (WATER/MILK)  
 (OVERNIGHT SOAKED CHIA SEEDS SHOULD BE KEPT IN REFRIGERATOR)

**1400-1600 CALORIES**