

## 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 1600-1800 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 MALES



*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/ 1/2 PAPAYA/ 1 APPLE / 1 CUP DICED PINEAPPLE/ 1 BANANA)  
AND/OR 1 GLASS BUTTER MILK

*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)

1 BOWL DAHI/ YOGURT

**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**

1CUP SKIMMED MILK (WITHOUT SUGAR OR WITH STEVIA) TAKEN WITH ANY 1 OF:

-  1 CUP QUINOA/
-  2/3 CUP MULTI MILLET DALIA + 1 PORTION FRUIT/ 
-  1 VEG SANDWICH (2 SLICE WHOLE WHEAT BREAD + 1/3RD MEDIUM CUCUMBER + 1 AVG TOMATO) /
-  1 BOWL BOILED WHEAT PASTA ALONG WITH 1 BOILED EGG WHITE OR SMALL CUBE OF COTTAGE CHEESE (20G) /
-  2/3 CUP POHA WITH PEANUTS + 1 PORTION FRUIT/

1 CUP MULTI MILLET BROWN RICE KHICHDI

1 CUP OATS

**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)

**1600-1800 CALORIES**