

**General instructions for weight loss:**

1. Follow a **balanced diet** regularly, which includes 2-3 servings of vegetables, any 1 fruit per day.
2. Mix your meals with a combination of cereals and pulses.
3. Practice regular **physical activity of 30-60 minutes**, 5-6 days a week with some strength training activities.
4. Get **7-8 hours sleep** each night to support overall health and well-being

North Indian

Veg

Diabetes

✓	Meal	Menu
<b>Monday</b>		
<input type="checkbox"/>	Breakfast	2 piece besan ka cheela + 1 tbsp pudina chutney
<input type="checkbox"/>	Lunch	Your choice of weekend meal (watch your portion size & eat guilt free !)
<input type="checkbox"/>	Dinner	1 cup vegetable raita + 1 bowl palak dalia dal khichadi
<b>Tuesday</b>		
<input type="checkbox"/>	Breakfast	1 multigrain paneer bhurji mixed vegetable sandwich
<input type="checkbox"/>	Lunch	Raw green leafy vegetable + 1 medium low oil ajwain paratha + 1 cup matar-carrot curry
<input type="checkbox"/>	Dinner	2 Tbsp channa chat + 2 multigrain pav+ 1 cup missal bhaji
<b>Wednesday</b>		
<input type="checkbox"/>	Breakfast	2 low oil methi thepla + 1 katori sprouts bhaji
<input type="checkbox"/>	Lunch	Raw vegetable salad+ palak matar pulav (use red/brown rice)+ 1 cup soya chunk curry
<input type="checkbox"/>	Dinner	Raw vegetable salad + 2 wheat bhakri + 1 cup palak dal
<b>Thursday</b>		
<input type="checkbox"/>	Breakfast	2 palm size kuttu ka cheela + 1 sprout curry
<input type="checkbox"/>	Lunch	Raw vegetable salad+1 bowl tamatar rice bhath + 1 cup rajma curry
<input type="checkbox"/>	Dinner	1 bowl oats-dal khichadi + 1 cup cucumber-carrot raita
<b>Friday</b>		
<input type="checkbox"/>	Breakfast	2 piece tomato moong dal cheela + chutney
<input type="checkbox"/>	Lunch	Raw vegetable salad+ 1 medium size low oil paneer paratha + 1 katori cucumber raita
<input type="checkbox"/>	Dinner	Green leafy salad + 2 jowar/bajra bhakri + 1 cup masoor dal tadka
<b>Saturday</b>		

<input type="checkbox"/>	Breakfast	1 cup vegetable paneer bhurji+ 2 slice multigrain bread toast
<input type="checkbox"/>	Lunch	Green leafy veg salad + 2 whole wheat low oil roti + 1 cup soyabean curry
<input type="checkbox"/>	Dinner	Raw veg salad + 2 multigrain roti + 1 cup paneer-matar sabzi

### Sunday

<input type="checkbox"/>	Breakfast	1 bowl sevaiyan matar upma + 1 Tbsp boiled sprouts
<input type="checkbox"/>	Lunch	Your choice of weekend meal (take care of the portion size & enjoy your meal guilt free !)
<input type="checkbox"/>	Dinner	Raw veg salad + 2 dal-oats cheela + 1 cup baingan sabzi

### Note

#### General Instructions for **Diabetes Care:**

Make sure to start your meals with raw salads

Portion control is the key, thus be mindful of the quantity of meals.

Choose unrefined whole cereals which have a lower glycaemic index (e.g.: red rice, whole millets (all millets except ragi), quinoa and buckwheat)

Can you eat fruits? Always combine your fruits with nuts like almonds/ walnuts and seeds like flax seeds or chia seeds.

Do not eat fruits as it is with out the nuts and seeds, always eat fruits before 6 pm in the evening. Eat fruits as a whole in it's natural form and do not consume it in the form of juices or liquids. Always eat fruits as a stand alone meal, do not eat fruits just before or after a meal.

Continue to include superfoods such as methi, cinnamon and isabgol as directed in the food plan.

However, please note that a professional guidance would be necessary in order to monitor their intake.

#### How to correctly measure weight?

Always check your weight in the morning after you freshen up, before you eat or drink anything.

Do not check it in the middle of the day or at night.

For Females, checking weight around the menstruation date can result in fluctuations of the weight, thus avoid checking at this time.

#### What to eat early morning before breakfast?

1 glass warm lemon water (squeeze in 1/4th lemon in a glass of 200ml water) + 6 almonds.

If possible, complement with soaked Walnuts. In winters, take Kesar with warm water

#### What to eat for evening snacks?

1 cup green tea/ black coffee/ desi chai or coffee (without sugar, use 1 tsp jaggery) +

1 cup roasted makhana/ roasted chana/ pop corn/ boiled peanut chat/ chana chat/ 2 pieces of home made dhokla

#### What are some healthy habits to follow?

- Practice breathing exercises and meditation to alleviate emotional stress
- Cheat day is fine once in a while, indulge in your favourite sweets and savouries
- Avoid regular consumption of white sugar, artificial sweeteners, restaurant or fast foods
- Limit cups of tea/coffee to max 2 cups per day and sweeten it with jaggery or stevia
- Start with brisk walking for 30-60 minutes, 5 to 6 days a week
- If you have a desk job, practice some stretching or take a small round every 60 minutes

**Disclaimer:** The food plan by itself does not guarantee any results but it rather depends on, up to what extent the user follows the plan and maintains his/her lifestyle. The suggested products are all proven safe for consumption, organic and authentic. However, if you face any allergic reactions or intolerance to any product please stop its usage immediately and visit your nearest health care centre. Kindly use the products only as per the dosage and usage instructions suggested by your health care provider. The products suggested in the food plan are to the best of knowledge of your health care provider as per the details provided by you. Please note that the results take about 2-3 months provided the products are being taken, diet and lifestyle is being followed regularly as advised.