

### 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

South Indian

Non-Veg

Diabetes

✓	Meal	Menu
<b>Monday</b>		
<input type="checkbox"/>	Breakfast	1 bowl vegetable oats upma + 2 Tbsp cooked sprouts
<input type="checkbox"/>	Lunch	Raw vegetable salad + 1 bowl steamed rice + 1 cup sambar+ 1 cup curd
<input type="checkbox"/>	Dinner	Raw veg salad + 2 chapathis +1 cup dal curry
<b>Tuesday</b>		
<input type="checkbox"/>	Breakfast	2 palm size pesaerattu/adai dosa + 1 tbsp tomato chutney
<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 chapathis + 1 cup beans curry
<b>Wednesday</b>		
<input type="checkbox"/>	Breakfast	1 multigrain paneer vegetable sandwich
<input type="checkbox"/>	Lunch	1 cup vegetable curry + 1 cup chicken sambhar + 1 bowl steamed rice
<input type="checkbox"/>	Dinner	Raw vegetable salad + 2 pieces tandoori chicken+ 1 glass mint chaas
<b>Thursday</b>		
<input type="checkbox"/>	Breakfast	2 low oil ragi-dal dosa + 1 tbsp chutney
<input type="checkbox"/>	Lunch	Sprouts vegetable sundal + 1 bowl Lemon-green peas rice (250g)
<input type="checkbox"/>	Dinner	Raw vegetable Salad+ 2 small rava dosa + 1 chicken saagu
<b>Friday</b>		
<input type="checkbox"/>	Breakfast	2 medium size vegetable rava idli + 1 cup green peas sambhar
<input type="checkbox"/>	Lunch	1 bowl (250g) Tomato bhaath+ 1 boiled egg+ 1 glass buttermilk
<input type="checkbox"/>	Dinner	1 cup vegetable raita + 1 bowl (200g) dalia dal palak pongal
<b>Saturday</b>		

<input type="checkbox"/>	Breakfast	1 bowl vegetable vermicelli upma + 2 boiled egg whites
<input type="checkbox"/>	Lunch	1 cup beans curry + 1 bowl Drum stick sambhar rice + 1 glass buttermilk
<input type="checkbox"/>	Dinner	Raw vegetable salad + 2 ragi idli + 1 cup pumpkin sambhar

### Sunday

<input type="checkbox"/>	Breakfast	2 palm size vegetable oats utappam + 1 katori moong saagu
<input type="checkbox"/>	Lunch	Your choice of weekend meal (take care of the portion size & enjoy your meal guilt free !)
<input type="checkbox"/>	Dinner	1 bowl dal vegetable soup + 1 bowl egg-vegetable salad

### 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.