



# LIFESTYLE PLAN





**TAKE CARE OF  
YOUR BODY, ITS  
THE ONLY PLACE  
WHERE YOU  
HAVE TO LIVE IN**





# YOUR FOOD MANUAL



# FOOD IS LIKE A FUEL TO OUR BODY.

## FOODS TO AVOID

- Biscuits
- White Sugar
- White Bread
- Chips
- Sweets
- Soda drinks
- Pizzas & Burgers
- Cakes & Ice-cream
- Corn Flakes
- Maggi
- Soy & its derivatives (incase suffering from thyroid/PCOS/hormonal problems)
- Peanuts (incase suffering from thyroid)

Occasionally indulging in these food is still fine but adding above mentioned food in daily routine can lead to many healthy problems.



# FLOURS & ITS REPLACEMENTS

You can use defined quantity of Wheat flour or you can replace it with following options:

- Besan
- Rolled Oats
- Buckwheat(kutu)
- Sooji
- Rajgira flour
- Ragi flour
- Sattu
- Wheat Bread
- Brown Rice
- Sabudana
- White rice
- Soy flour
- Wheat pasta/spaghetti

Always look for foods which have low Glycemic index and higher fiber content. Try to mix different flour to enhance the nutritional value of wheat flour.

## LENTILS/PULSES

Lentils are nutrition powerhouses, flavourful, inexpensive and a staple in vegan and vegetarian recipes as they're good source of plant-based protein.

You can use defined quantity of any lentils in your daily routine:

- Chana dal
- Kulthi dal (Horse gram)
- Masoor dal
- Urad dal
- Moong dal
- Toor dal

**PLEASE NOTE :** Lentils contain lectins—a protein that has been linked to inflammation and upset stomach, if you have poor gut health, kindly soak them 2 hrs before cooking.

# LEGUMES/BEANS

Legumes include all forms of beans and peas from the Fabaceae (or Leguminosae) botanical family.

- Chickpeas
- Red Kidney beans
- Pinto beans
- Black beans
- Black-eyed peas
- Soy beans
- Navy beans

They are good source of plant based protein and good fats and hence they are high in calories.

For eg - 100 grams of chickpeas contains 378 calories.

1 gram of Protein = 4 calories

1 gram of fat = 9 calories

# CHEESE

Cheese is a great source of calcium, fat, and protein. It also contains high amounts of vitamins A and B-12, along with zinc, phosphorus, and riboflavin. As they are good source of fats they are high in calories

1 gram of fat = 9 calories.

- Mozzarella
- Blue Cheese
- Feta (low calorie)
- Cottage Cheese/Paneer
- Gouda
- Ricotta
- Parmesan
- Swiss
- Cheddar

PLEASE NOTE : Depending on the variety of cheese you eat, you're getting about 100 calories per ounce. It's also usually loaded with sodium, which makes it easy to overeat and can be an issue for people with high blood pressure.

## OILS

Oils are rich source of Omega 3 & Omega 6 fatty acids(fats) and high in calories.

1 gram of fat = 9 calories

- Ghee
- Mustard oil
- Coconut oil
- Groundnut oil
- Sesame oil

In general 10 grams of any oil contains around 90 calories.

PLEASE NOTE : Oils are good source of saturated as well as unsaturated fatty acids and over doing of it is the main cause of cardiovascular problems.



# VEGETABLES

Vegetables are good source of many Vitamins & minerals and are rich source of fiber.

- Spinach
- Broccoli
- Cauliflower
- Beetroot
- Carrot
- Lettuce
- Mushrooms
- Capsicum
- Asparagus
- Cabbage
- Bitter gourd
- Snake gourd
- Cucumber
- Edamame beans

PLEASE NOTE : Avoid Corn, peas, potatoes, pumpkin and squash tend to contain fewer vitamins & minerals. Plus, they often contain 3 times as many calories per serving as their non starchy vegetable counterparts.

## NATURAL SUGAR

Naturally occurring sugars are found naturally in foods most commonly in fruits (fructose).

We know that fruits are Healthy, tasty, good source of Vitamins & fiber but they are also loaded with Natural sugar. Apart from fruits many vegetables, flours, raisins, dates, figs, dairy products- also contain natural sugar, which leads to add extra calories and insulin spike in your body. It is very important that we maintain defined quantity when it comes to such foods.

If you are consuming raisins or figs, don't overdo it rather consume it in less quantity.

Daily recommendation of fruit is 100 grams of any one or max two fruits in a day.



# DIET PLAN



# GUIDELINES FOR THE DIET PLAN

- This is your daily intake, which needs to be fulfilled on daily basis.
- You can interchange the ingredients from any meal.
- Please make sure you stick to the defined quantity for better results.

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# DAILY ROUTINE

- Start you day with a glass of water.
- After that first thing you eat is an overnight soaked 4 Almonds & 1 Walnuts.
- Stay Hydrated : Min 3ltr of water is needed.
- Avoid Cheat meal or Cheat Day
- Incase you want to opt for sugar in tea- use STEVIA and for cravings - you can have jaggery or dark chocolate (65% dark).



## BREAKFAST

- Moong daal/Black chana/Green moong(make sure if you are eating sprouts then also it needs to be in cooked form)/Besan/Sooji/ Poha/rolled oats/1 slice bread - 30 g

Or

1 full egg + 2 egg white with a slice of bread

- India Tea or Coffee(Without sugar) - Use jaggery

## LUNCH

- Ghee- 10 g (2 teaspoon)
- Legumes/Dal/Kidney beans/Chickpeas/Beans - 50 g
- Wheat flour/Rice/Ragi flour/quinoa- 50 g
- Soychunks/Tofu/Edamame/Paneer - 50 g
- Curd with half spoon jeera powder or roasted jeera - 50 g
- Salad/Cooked green veggies – 100 g
- Psyllium husk - 20 g (2 teaspoon)  
(If needed)

Note : You can add 100 grams of chicken or fish if you want

## EVENING SNACKS

- Pumpkin Seeds & Flaxseeds – 5g (1 teaspoon) or Sunflower seeds & Sesame seeds - 5 grams ( 1 teaspoon) Eat seeds as per seed cycle
- Any fruits - 50 g

## DINNER

- Ghee– 2.5 grams (1/2 teaspoon)
- Paneer Or Tofu or Cheese – 70 g or 100 grams chicken/Fish
- Legumes/Dal/Kidney beans/Chickpeas/Beans - 50 g
- Wheat flour/Rice/Ragi flour/quinoa- 50 g
- Salad/Cooked Green veggies– 100 g



# HOME WORKOUT PLAN





## **FULL BODY WORKOUT (30 MIN)**

- Jog/static marching for 5 minutes
- Burpees 3 sets 10 Repetitions
- Squat lunge 3 sets 10 Repetitions
- Wall sit 3 sets 30 seconds
- Jump Squat 3 sets 10 Repetitions
- Mount Climber 3 sets 15 Repetitions
- Cross Crunches 3 sets 15 Repetitions
- Crunches 3 sets 15 Repetitions
- Flutter Kicks 3 sets 15 Repetitions
- Heel Touch 3 sets 15 Repetitions
- Plank 1 min
- Inch worm 3 sets 10 Repetitions



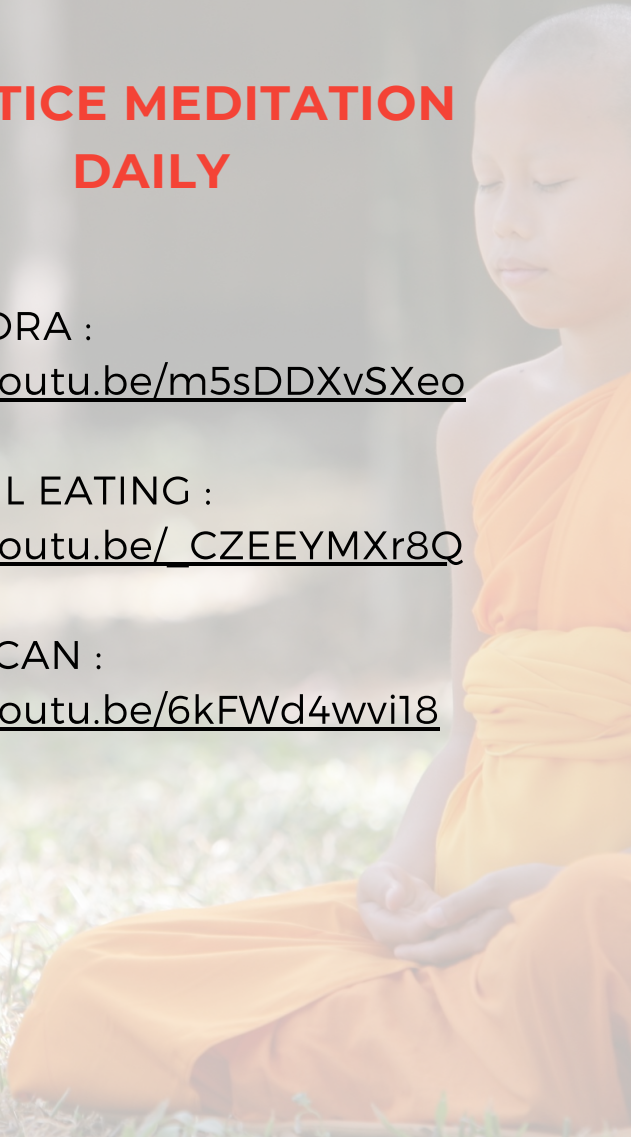


# MEDITATION PLAN



# PRACTICE MEDITATION DAILY

- YOG NIDRA :  
<https://youtu.be/m5sDDXvSXeo>
- MINDFUL EATING :  
[https://youtu.be/\\_CZEEYMXr8Q](https://youtu.be/_CZEEYMXr8Q)
- BODY SCAN :  
<https://youtu.be/6kFWd4wvi18>



The background of the entire page is a soft-focus, top-down view of a healthy meal. It includes a white cup of coffee, a plate with a crepe topped with blueberries and dragon fruit, a large bowl of fruit salad with kiwi, dragon fruit, and orange, and another plate with a crepe topped with kiwi and blueberries. A silver fork is visible in the bottom right corner.

**YOU HAVE COME A LONG WAY  
IN IMPROVING YOUR OVERALL  
HEALTH CONDITIONS, STAY  
CONSISTENT AND YOU WILL  
REDUCE WEIGHT AND REACH  
YOUR GOAL.**

**STAY FOCUSED**

**BE IN TOUCH !**



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**STAY HEALTHY | STAY HAPPY**