

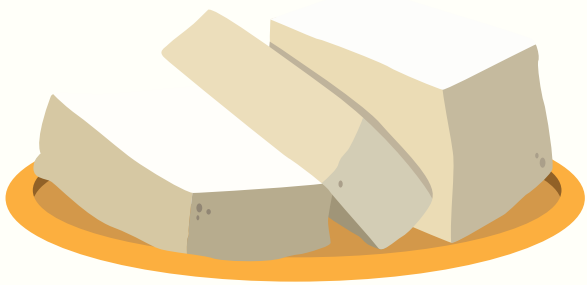
GUIDE

TO MINDFUL EATING STEP BY STEP



Include 1-2 vegetables in each meal for a healthy gut microbiome

Use kachi ghani oils for cooking- peanut , sesame, mustard oil and ghee for regular indian cooking and extra virgin olive oil for salads. Use minimum quantities required



Add a low fat protein source in each meal. Beans, lentils, eggs, paneer, tofu, curd and likewise

Cut back on processed foods. Processed foods like chips, candy, and processed meats should not be a part of your daily diet.



Drink at least 8-10 glasses of water + electrolyte rich drinks a day to stay hydrated and healthy.

**Get your routine health analysis
Every 6 months to 1 year as per health
concerns**

TO MINDFUL EATING STEP BY STEP



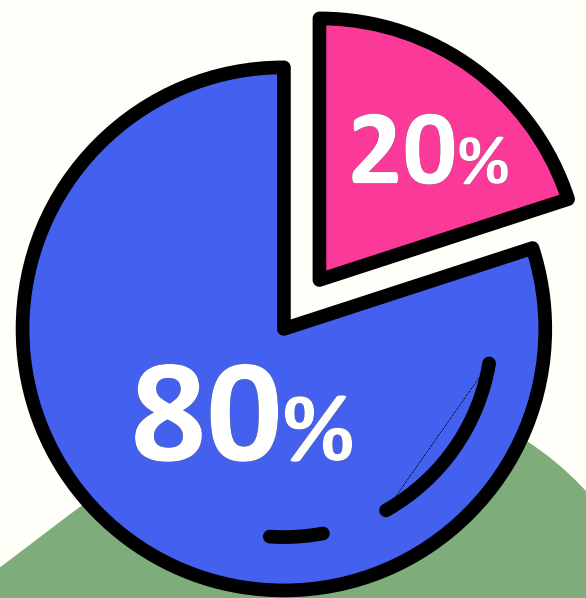
no more than 2 tps of top sugar in any form during the day [honey/jaggery/date sugar/khand/brown sugar]

Dinner time to be between 7.00-7.45p.m and sleep time max by 11.00p.m. Maintain a 11-12 hours fasting at night till next meal for a better immune response.



Keep frequency of eating out junk and drinking to be once a week for sustainable results for the long terms

Follow the 80-20 rule. Eat till 80 percent full to ease digestion and better metabolism. Try to see the magic happen!



Maintain consistency in any form of physical exercise with the aim at intensifying and working on muscle strength

Use clay pots, steel etc for cooking and replace Your non stick cookware in time!

TO MINDFUL EATING STEP BY STEP



Avoid top salt , use lemon or raw mango instead



Skip some scrolling time and invest time in community building. Communicating and sharing can bring positive changes to your mental and physical health.



These are like the basics and starter points to help you get into a routine. You will feel lighter and happy with each passing day of discipline and compliance 🥰👍

If you want to get personalized guidance with 1:1 support from me right from designing routine to analyzing compliance and giving you insights on what combinations and food items will work best for you...

**Let's fix a
consultation call
and take it forward**

