

Diet Plan

1. Meal 1

What to Eat

Seasonal Fruit/ Dry fruits/ Soaked Nuts

When to Eat

15 minutes after you wakeup.

You can have one apple or any seasonal fruit. Handful of dried fruits or 7-8 almonds soaked up over night in the water. This will kick start your morning and boost your metabolism.

2. Meal 2 (Breakfast)

What to Eat

Homemade breakfast along with desi ghee.

You can have following delicious breakfast –

Poha/ Uttapam/ Dosa/ Idli/ Sambhar Wada/ Masala Khichdi /Oats with dry fruit or fruits or berries in it/ Aloo Paratha or any Stuffed Paratha/ Puri Bhaji.

When to Eat

Within 60-90 minutes of Meal 1.

3. Meal 3 (Mid-Meal)

What to Eat

Something that you can carry easily.

You can Grab a Fruit/ Shake/ Nuts/ Nariyal Pani. These are one of the best choices when it comes to helping out your hunger. This prevents overeating during lunch time.

When to Eat

Within 2-3 hours of your breakfast.

4. Meal 4 (Lunch)

What to Eat

Rice or Roti+ Vegetable or Meat or Dal accompany it with Dahi or Pickle+ Ghee

You can have seasonal vegetables. These are a really good choice over meat. In case you are non-vegetarian then can have meat made in low masala content. Dal's are already very healthy we don't have to mention it you can change lentils everyday and can taste them all. Accordingly, you can have white rice it's your choice. [Ghee](#) helps in losing stubborn belly fat. Accompanying pickle helps you maintain [Vitamin B12](#) levels.

When to Eat

Within 2-3 hours of meal 3.

5. Meal 5 (Mid-meal)

What to Eat

Anything seasonal like seasonal sherbet (a fruit based cooling drink or butter milk)

You can have Rose Sherbet, Mint Sherbet, Lemon Sherbet etc. Look out for different choices so you don't get bored.

When to Eat

Within 2-3 hours of lunch

Also Read: [25 Healthy Salad Recipes for Weight Loss](#)

6. Meal 6 (Evening Snack)

What to Eat

Wholesome meal similar to your breakfast or half of you lunch.

You can have Bhel or Jhaalmudi/Dosa/Poha/Roti Sabji etc

When to Eat

Between 4-6 pm

7. Meal 7 (Dinner)

What to Eat

Rice or Millets based meals with Ghee

Millets are a great source of protein and dietary fibres so you can fill your plate with these healthy dinner.

When to Eat

2-3 hours before bedtime.

8. Meal 8 (Bedtime)

What to Eat

Milk with Cashews/Gulkand/Chyavanprash/ [Turmeric Milk](#)

If you are lactose intolerant than you can skip this or you can alternate it with soy or almond milk.

When to Eat

Just before sleeping, only if hungry

This was her simple 8 meal plans for a day. You can make slight changes according to your taste.

“Mental meal map is also important for a person when he/she is eating in a restaurant or in a wedding”, says Rujuta.

Diet Tips

1. Eat Local Think Global

Rujuta highly emphasizes on eating local and traditional food. This is her mantra of eating local and thinking global. Even If you are travelling within the country or outside the country have those local and traditional foods. Its very easy and cheap to get instead of dodging yourself on other complex meal plans for maintaining your health and fitness.

2. Eat Smart

You should make smart food choices. Use low calorie foods that you can eat more. Rujuta recommends eating “grandma’s food” saying it’s the best option. Indian diet foods such as Dal, Roti, Rice, Nariyal Pani, Idli- Sambhar with Chutney, Dosa are excellent. You can also include zero-calorie foods in your diet.

3. Eat Seasonal Foods

Always have seasonal foods. Rujuta highly recommends having them either as a fruit or in your vegetables while you cook. Seasonal foods are very nutritious and also they are free from any chemical in comparison to those foods that we get 12 months.

4. Exercise Regularly

Exercising regularly does not only keeps your body fit but it also maintains your food and diet habits. It regulates your digestive system. [Cardio](#) along with resistance training with a proper diet will help you in weight loss. Practice yoga and Surya Namaskar daily for mental and physical health. Do not skip [warm up exercises](#) and cooling down exercises. They prepare your body for the next exercise.

5. Avoid Junk

Do not eat junk. She advises to cut down on all sugar and processed foods. These are high in carbs and calories. Avoid eating sweets and biscuits. Food

manufacturers use hydrogenated oils which is present in almost all processed foods. They contain a high amount of trans fats which are likely to cause heart disease and cancer too. So avoid eating junk as much as you can.

6. Learn Lifestyle Habits from your Parents

Rujuta learned many of the habits and changed her lifestyle by learning them from her parents. Her family use to practice yoga daily and they use to have traditional food only. These had an impact in her life. And that's the reason we see her as a world famous nutritionist.

The fitness project

Planning your meals

Rujuta Diwekar

Meal #	Meal timing	Meal options – change as per region and season (these are just guidelines)
Meal 1	Within 15 mins of waking up	Seasonal fruit/ Dry fruits/ Soaked nuts
Meal 2 Breakfast	Within 60- 90 mins of Meal 1	Hot homemade breakfast + ghee
Meal 3 Mid-meal	Within 2-3 hours of breakfast	Something easy to carry with you like nuts or a drink like Nariyal pani
Meal 4 Lunch	Within 2-3 hours of meal 3	Rice or roti + vegetable or meat or dal + accompaniments like dahi/ pickle + ghee
Meal 5 Mid- meal	Within 2-3 hours of lunch	Something to drink like seasonal sherbet or buttermilk, etc
Meal 6 Evening snack	4- 6 pm	Wholesome meal, similar to breakfast or some portion of your lunch
Meal 7 Dinner	2-3 hours before bedtime	Rice or millets based meal with ghee
Meal 8 Bedtime	Just before sleeping. (If hungry)	Milk with cashews/ gulkand/ chyavanprash

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	A glass of Lemon Water	A glass of Detox water	A glass of Amla drink	A glass of Wheatgrass and spirulina Juice	A glass of Warm Water	A glass of Spirulina drink	A glass of water with Apple Cider Vinega
Breakfast	2 idlis/ 1 dosa + A small bowl of sambar + A small bowl of Red Chilli Chutney + 1 Banana/ Apple/Orange	2 Brown bread veg sandwich + A small cup of yoghurt + A cup of Tea + 1 Banana/ Pear / Papaya	A medium bowl of Barley Porridge /Oats + A cup of Tea + 1 Mango/ Jemun/Orange	1 Stuffed Muli / Cauliflower Chapathi + A glass of Almond Milk / Coldpress Juice / Soy milk	A medium bowl of Oats / Cereals + A small bowl of fresh fruits	3 Dhokla /1 jowar roti + A small bowl of imli chutney + A small bowl of khara chutney + A glass of Carrot Juice / Fruit Smoothie	1 Dosa + A small bowl of pumpkin sambar + A small bowl of coriander chutney + A glass of Beetroot Juice / Bottlegourd Juice
Mid Morning	A bowl of fruit salad + A glass of warm water	A handful of assorted seeds like watermelon seeds/ chia seeds/ Pumpkin seeds / Flax Seeds + 2 glasses of warm water	A handful of assorted fibres like psyllium husk/fenugreek + 2 glasses of warm water	A handful of quinoa and chana mixture + 2 glasses of warm water	A bowl of veggie salad + A glass of warm water	A glass of tender coconut water + A handful of walnuts and apricots	A bowl of Sprouts and paneer salad + A glass of Buttermilk
Lunch	2 Missi rotis + A small bowl of Paneer makhani + A small bowl of Capsicum salad	1 small bowl Brown rice + 1 small bowl vegetable Curry + Small Baked Salmon + A small plate of veg salad	1 plater of Paneer tikka kebab + half a bowl veg Fried rice + a small bowl of Salad	1 small bowl of roasted chicken and veggie salad + 2 Wheat Rotis + A small cup of low-fat yoghurt	1 medium bowl of poha + a plater of fish fry + 1 Roti + A small bowl of salad	1 medium bowl of Steamed brown rice + A small cup of Kerala Fish + 1 small bowl of veggie salad	1 small bowl of Veg Khichdi + 1 small bowl of Veg Raitha + 2 glasses of Warm water
Snacks	Tea and 2 whole wheat low on oil khakra	1 cup Green Tea and a Cup of Steamed Corn	1 cup Green Tea And a bowl of Sprouts chat	1 glass Fresh Strawberry smoothie + A small granola almond bar	A glass of Buttermilk and 1 khakra / khandvi	A cup of fat free, flavour-free yoghurt + 2 flax sesame laddoo	A glass of whey protein shake + A small bowl of amaranth and raisin mix
Dinner	2 Dosa + A small bowl of garlic podi + A glass of warm water	1 Ragi Roti + a small bowl of Vegetable stir fry / Corn curry + 1 small bowl of mixed vegetable Salads	2 bejra rotis + a small bowl of Pepper dal curry/ paneer gravy	A small bowl of Tomato soup + 1 wheat roti + Small bowl of cucumber sprouts salad	1 small bowl of Veg rava Upma /semiya + A small Cup of sambhar (no protein in chutney)	2 Wheat Rotis+Curry + 1 small bowl of Mixed veg curry + quinoa veg Salads	2 Neer Dosa + 1 small bowl of Pudina chutney + 2 pieces boiled fish /chana Salads
Post Dinner	2 glasses of warm water	A cup of fat free yoghurt	A glass of warm skimmed milk	4 almonds soaked in water	2 glasses of warm water	A glass of skimmed milk	4 almonds soaked in water