

ALL  
NEW

*Best Healthy  
Foods Guide*

**STAY YOUNG  
LIVE LONGER  
FEEL HEALTHY**

*With*

**SIMPLE INDIAN  
FOOD**

# *Resource Guide*

  
**Fit Fuel**

by Shraddha

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# TABLE OF CONTENTS

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- 01 About Shraddha
- 02 Introduction - Resource Guide
- 03 Recipe - Detox Water
- 04 Recipe - Detox Juice
- 05 Recipe - Detox Smoothies
- 06 Introduction - Weight Loss Challenge
- 07 6 Days Challenge (do it yourself)
- 08 15 Dys Gut Cleanse (do it yourself)
- 09 45 Days Speed Slim Challenge (with expert)
- 10 21 Dys Gut Cleanse Challenge (with expert)
- 11 Introduction - Diet Plan
- 12 Festive Diet Plan
- 13 Holiday Diet Plan
- 14 Recovery Diet Plan
- 15 Party Diet Plan





# ABOUT ME

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Hello, I'm the founder of Fit Fuel by Shraddha, an award-winning Nutritionist & Dietician, and a lifestyle coach based in Pune, India. Previously, I served as the DIRECTOR of "Fat to Slim" from 2020 until mid-2023.

I refined my skills in crafting personalized and sustainable nutrition plans, gaining valuable insights into the challenges individuals face on their weight loss journeys.

What sets my approach apart is that I steer clear of fad diets, keto trends, or extravagant salads that deprive individuals of their favorite foods. As a dedicated diet and nutrition expert, I recognize the significance of fostering confidence and comfort in one's own skin and body. Personally, in 2019, I successfully shed 17 kilograms through the diet plans I devised, and now I'm extending these effective plans to individuals worldwide.

At Fit Fuel with Shraddha we offer a variety of personalized plans tailored to suit your goals and preferences. Our focus goes beyond providing guidance; it encompasses a lifestyle approach. We encourage long term commitment because Fit Fuel with Shraddha is not a guide but an empowering way of life. Our commitment is to provide you with the tools and support to achieve your goals. We invite you to join us on this journey, towards a happier and more beautiful lifestyle.

*Empowering individuals to embrace a healthier, happier, and more beautiful lifestyle, one bite at a time.*

# MY ACHIEVEMENTS

*Awarded for the contribution made in Diet and Nutrition by Chamber of Trade and Industry at Vidhan Sabha*



# MY ACHEIVEMENTS

Won  
*Women Entrepreneur Award 2023*

**WOMEN ENTREPRENEUR  
AWARD 2023**



This certifies that

**SHRADDHA DHANDHARIA  
TOSHNIWAL**

has been awarded as one of the Top  
Woman Entrepreneur of the Year 2023  
in the Category **Diet & Nutrition**

GREAT  
COMPANIES.

**SUNEIL STANLY**

Founder  
Tink Tank dbc

**ARWINDER KAUR**

President  
GreatCompanies



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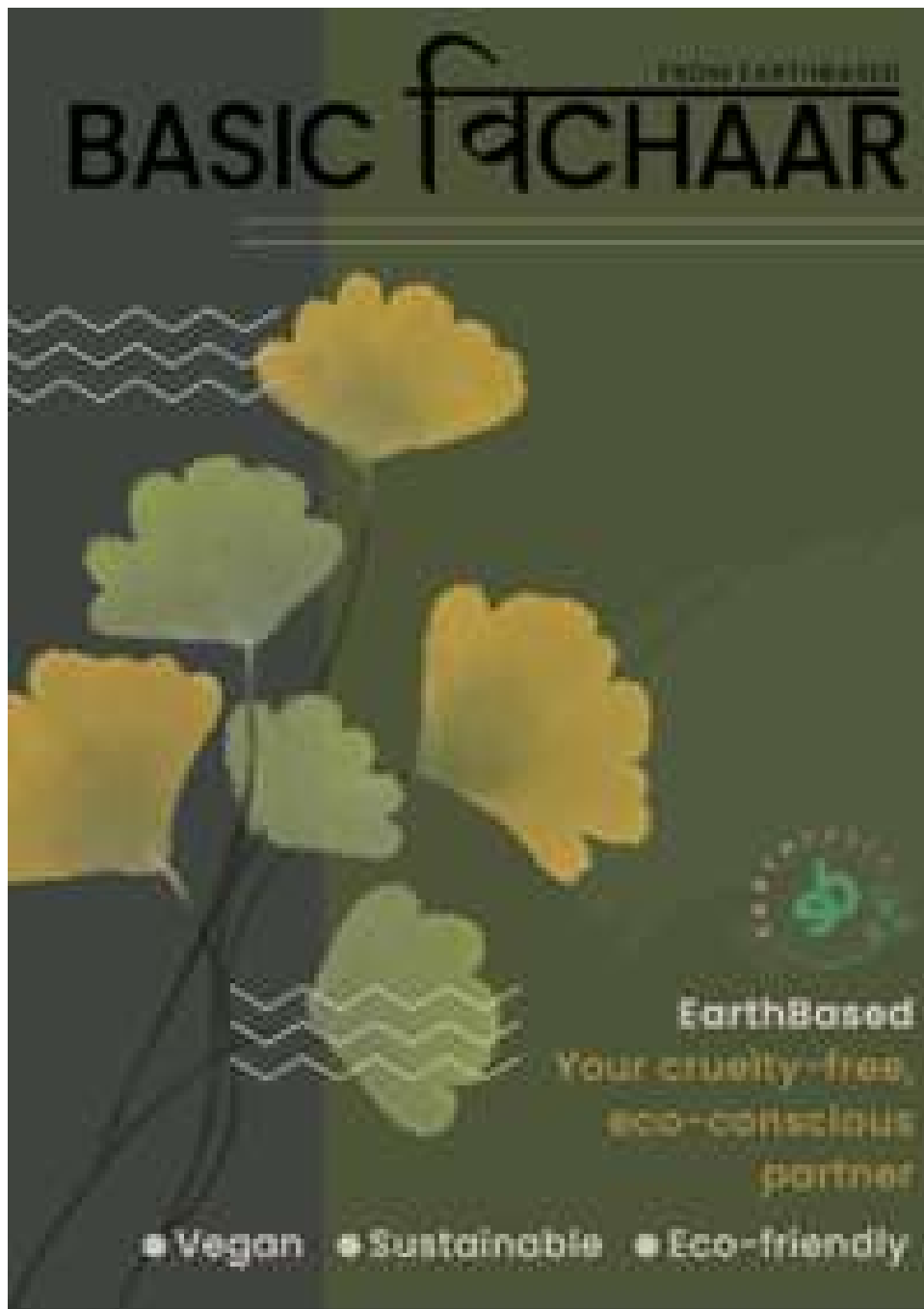
<https://www.greatcompanies.in/post/shraddha-dhandharia-toshniwal-great-companies-women-entrepreneur-award-winner-2023>

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<https://www.greatcompanies.in/women-entrepreneur-award-health-wellness-2023>

# MY ACHEIVEMENTS

*Featured in Basic Vichaar Magazine*



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# INTRODUCTION – RESOURCE GUIDE

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Welcome to our comprehensive resource guide created by our expert nutritionist, designed to help you achieve your health and nutrition goals. Our guide includes a variety of resources, including detox plans, personalized diet plans, and various weight loss challenges. We offer expert advice on nutrition, healthy eating habits, and overall wellness to help you make informed decisions about your health. Our goal is to support you on your journey to a healthier and happier life, whether you're looking to lose weight, manage a chronic condition, or simply improve your overall well-being. With our extensive collection of resources, we are confident that we can help you achieve your health and nutrition goal.

Three Categories :

- Detox Water , Juices , Smoothies Recipe
- Weight Loss Challenges
- Diet Plans



## RECIPE– DETOX WATER

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a type of infused water that contains various fruits, vegetables, and herbs, as well as water. It is believed to provide various health benefits, including improved digestion, increased energy levels, and better skin health.





# DIABETES

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## Ingredients

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- 3 glasses of water
- 2 tsp. of coriander powder
- 1 tsp. of roasted cumin water



## Directions

- Take 3 glasses of water . Add 2 tsp. of coriander powder and 1 tsp. of roasted cumin in water





# THYROID

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## Ingredients

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- 5 glasses of water
- 1 tsp. of cumin powder
- ½ tsp. of Black Cardamom powder
- ½ tsp. of Black Mustard seed water



## Directions

- Take 5 glasses of water .Add 1 tsp. of cumin powder . Add ½ tsp. of Black Cardamom powder and ½ tsp. of Black Mustard seed in water





# PCOD

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## Ingredients

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- 10 glasses of water
- 1 tsp. of Kasturi Methi
- ½ tsp. of turmeric powder
- 1 tsp. of non-roasted cumin powder
- ½ tsp. of green cardamom powder



## Directions

- Take 10 glasses of water . Add 1 tsp. of Kasturi Methi . Add ½ tsp. of turmeric powder . Add 1 tsp. of non-roasted cumin powder and ½ tsp. of green cardamom powder





# ARTHRITIS

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## Ingredients

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- 5 glasses of water
- ½ tsp of psyllium husk
- 1 tsp. of turmeric powder
- 1 tsp. of coriander powder
- 1 tsp. of cumin powder
- ½ tsp. of Black pepper powder



## Directions

- Take 5 glasses of water . Add ½ tsp of psyllium husk . Add 1 tsp. of turmeric powder . Add 1 tsp. of coriander powder. Add 1 tsp. of cumin powder and ½ tsp. of Black pepper powder





# SKIN GLOW

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## Ingredients

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- 10 glasses of water
- 1 tsp. turmeric powder
- 1 tsp. of coriander powder
- ½ tsp. of Black pepper powder
- 1 tsp. of cinnamon powder
- 5 drops of olive oil
- ½ tsp. of Hibiscus or green tea



## Directions

- Take 10 glasses of water . Add 1 tsp. turmeric powder . Add 1 tsp. of coriander powder . Add ½ tsp. of Black pepper powder . Add 1 tsp. of cinnamon powder . Add 5 drops of olive oil and ½ tsp. of Hibiscus or green tea

# ENERGY SPEEDER

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## Ingredients

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- 7 glasses of water
- ½ tsp. of Black pepper powder
- 1 tsp. of cinnamon powder
- ½ tsp of Psyllium Husk
- ½ tsp. of Clove powder
- 1 tsp. of grated ginger
- 3 drops of Mustard oil.



## Directions

- Take 7 glasses of water . Add ½ tsp. of Black pepper powder . Add 1 tsp. of cinnamon powder . Add ½ tsp of Psyllium Husk . Add ½ tsp. of Clove powder . Add 1 tsp. of grated ginger and 3 drops of Mustard oil.





# IMMUNITY BOOSTER

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## Ingredients

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- 5 glasses water
- 1 teaspoon of turmeric
- 1/2 teaspoon of coriander powder
- 1/2 teaspoon of mustard seeds
- 1/2 teaspoon of ginger



## Directions

- Take 5 glasses water add 1 teaspoon of turmeric + 1/2 teaspoon of coriander powder + 1/2 teaspoon of mustard seeds + 1/2 teaspoon of ginger boil it till 3 glasses remain







# INSOMNIA

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## Ingredients

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- 2 glasses of water
- 1tsp. of Basil powder
- 1 lime
- ½ tsp. of coriander powder
- ½ tsp. of grated ginger



## Directions

- Take 2 glasses of water . Add 1tsp. of Basil powder . Add 1 lime . Add ½ tsp. of coriander powder and ½ tsp. of grated ginger





# EYE BRIGHTENING

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## Ingredients

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- 3 glasses of water
- 1 tsp. of Coriander powder
- 1 tsp. of cinnamon powder
- 1 tsp. of turmeric powder
- 1 tsp. of green tea
- 1 tsp. of Mizorah



## Directions

- Take 3 glasses of water . Add 1 tsp. of Coriander powder . Add 1 tsp. of cinnamon powder . Add 1 tsp. of turmeric powder. Add 1 tsp. of green tea and 1 tsp. of Mizorah





# BREAST REDUCTION

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## Ingredients

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- 10 glasses of water
- 2 tsp. of turmeric powder
- 2 tsp. of Cinnamon powder
- 1 tsp. of Black pepper powder



## Directions

- Take 10 glasses of water . Add 2 tsp. of turmeric powder. Add 2 tsp. of Cinnamon powder and 1 tsp. of Black pepper powder





# CONSTIPATION

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## Ingredients

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- coriander leaves
- 1 glass of water
- 1 lime
- Ice



## Directions

- Take Handful coriander leaves + 1 glass of water + 1 lime + Ice- Churn it a mixer and serve chilled





# POST-ALCOHOL CONSUMPTION

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## Ingredients (1)

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- 5 Glasses of water
- 2 tsp. of Psyllium husk
- 1 tsp, of coriander powder
- 1 tsp. of roasted cumin powder
- ½ tsp of green cardamom powder
- ½ tsp. of Black Pepper powder



## Directions

- 5 Glasses of water + 2 tsp. of Psyllium husk + 1 tsp, of coriander powder + 1tsp. of roasted cumin powder + ½ tsp of green cardamom powder + less than ½ tsp. of Black Pepper powder



# POST-ALCOHOL CONSUMPTION

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## Ingredients (2)

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- 5 glasses of water
- ½ tsp. of Psyllium husk
- ½ tsp. of coriander powder
- 1 lime



## Directions

- Take 5 glasses of water . Add ½ tsp. of Psyllium husk . Add ½ tsp. of coriander powder and 1 lime





# POST-ALCOHOL CONSUMPTION

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## Ingredients (3)

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- 7 glasses of water
- ½ tsp. green cardamom powder
- ½ tsp. of Oregano
- 6 Mint Leaves



## Directions

- Take 7 glasses of water . Add ½ tsp. green cardamom powder. Add ½ tsp. of Oregano and 6 Mint Leaves



# RECIPE– DETOX JUICES

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A revitalising beverages made from a combination of fruits, vegetables, and herbs. They are designed to support the body's natural detoxification processes and promote overall well-being by providing a concentrated source of essential nutrients.







# GREEN & APPLE JUICE

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## Ingredients :

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- 2 cucumbers
- 2 apples
- Handful of cauliflower leaves
- Handful of Kale leaves



## Directions :

- Take 2 cucumbers , 2 apples. Add handful of cauliflower leaves and handful of Kale leaves.
- Use a juicer and enjoy it .





# GREENS & PEAR JUICE

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## Ingredients :

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- 2 pears
- Handful of Pak choi
- Handful of lettuce
- ½ of Savoy cabbage



## Directions :

- Take 2 pears . Add handful of Pak choi.  
Add handful of lettuce and ½ of Savoy  
cabbage.
- Use a juicer and enjoy



# RECIPE— DETOX SMOOTHIES

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a refreshing and nutritious beverages designed to support the body's natural detoxification process. Packed with vitamins, minerals, and antioxidants, these smoothies are a great way to cleanse and rejuvenate your system



# APPLE CUCUMBER SMOOTHIE



(These quantities are for 2 people consumption)

## Ingredients :

- 4 Apples
- 5 figs
- 3 cucumbers
- Water
- seeds – Pumpkin & Chia seeds



## Directions :

- Take 4 Apples . Add 5 figs , add 3 cucumbers. Ad some water . Add seeds – Pumpkin & Chia seeds and blend





# APPLE KALE SMOOTHIE

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(These quantities are for 2 people consumption)

## Ingredients :

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- 5 tender Kale leaves
- 3 Apples
- 1 cucumber
- Herbs like mint or parsley or Sage leaves
- Water
- Seeds – Pumpkin & chia seeds
- 1/2 lemon



## Directions :

- Take 5 tender Kale leaves. Add 3 Apples , 1 cucumber and some herbs like mint or parsley or Sage leaves. Add water and Seeds – Pumpkin & chia seeds. Blend it and mix it well . Add juice of 1/2 of lemon.



# BANANA BLUEBERRY SMOOTHIE

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(These quantities are for 2 people consumption)

## Ingredients :

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- 2 Bananas
- 3 handful of lettuce
- 250 grams of blueberries
- Pure water
- Herbs like sage, mint, Parsley
- Seeds- Pumpkin and chia seeds



## Directions :

- Take 2 Bananas . Add 3 handful of lettuce . Add 250 grams of blueberries. Add some pure water and Herbs like sage, mint, Parsley and Seeds- Pumpkin and chia seeds. Blend it well .



# BANANA CELERY SMOOTHIE



(These quantities are for 2 people consumption)

## Ingredients :

- 1 cucumber
- 4 celery sprigs
- Pure water
- 3 Bananas
- Seeds



## Directions :

- Take 1 cucumber. Add 4 celery sprigs in pure water. Add 3 Bananas and seeds.

Blend it well



# BERRIES LETTUCE SMOOTHIE



(These quantities are for 2 people consumption)

## Ingredients :

- 500 grams strawberries
- 125 grams of blueberries
- 2 handful of lettuce
- Pure water
- Herbs like sage, mint, Parsley
- Seeds



## Directions :

- Take 500 grams strawberries . Add 125 grams of blueberries and 2 handful of lettuce in pure water. Add Herbs like sage, mint, Parsle and seeds. Blend it well





# MANGO PAK CHOI SMOOTHIE



(These quantities are for 2 people consumption)

## Ingredients :

- 2 Mangos
- 2 cucumbers
- 2 Handfuls of Pak Choi
- Herbs like sage, mint, Parsley
- Seeds



## Directions :

- Take 2 Mangos . Add 2 cucumbers, 2 handfuls of Pak Choi. Add herbs like sage, mint, Parsley and seeds. Blend it well .



# PEAR LETTUCE SMOOTHIE

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(These quantities are for 2 people consumption)

## Ingredients :

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- 4 pears
- 1 handful of Cauliflower Tender Leaves
- 1 Handful of lettuce
- Pure Water
- Seeds



## Directions :

- Take 4 pears. Add 1 handful of Cauliflower Tender Leaves . Add 1 handful of lettuce in pure water. Add Seeds and blend it well .



# PINEAPPLE RASBERRY SMOOTHIE



(These quantities are for 2 people consumption)

## Ingredients :

- ½ of Pineapple
- 2 Handfuls of lettuce
- 1 handful of raspberry
- Herbs like sage, mint, Parsley
- Seeds



## Directions :

- Take ½ of Pineapple . Add 2 Handfuls of lettuce Add 1 handful of raspberry. Add herbs like sage, mint, Parsley and Seeds . Blend it well .



# WEIGHT LOSS CHALLENGE

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a popular way for individuals or groups to motivate themselves to achieve their weight loss goals. These challenges can take many different forms, from workplace challenges to online communities, and often involve a combination of healthy eating.





## 6 DAYS

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(Do it yourself)

### Diet Plan

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- Take 1 tsp. of organic laxative powder
- Take 1 tsp. of Vijaysar

### Breakfast Prep:

- 1/4th cup rolled oats, 1 TSP. Chia seeds, 1 Tbsp pumpkin seeds, 1 Cup almond milk, 1 banana, 50 gm Greek yogurt, 10 almonds
- Add everything in the bowl. Keep in fridge overnight and eat in the morning.

### Lunch Prep:

- 100g fresh Radish, 1 cucumber, 1/4 cup green onion chopped, 30 grams raw chickpeas (soaked and boiled), 150 grams Greek yogurt
- Mix everything in a bowl . Add salt and pepper and enjoy





## 6 DAYS

(Do it yourself)

Diet Plan



### Dinner Prep:

- 30 grams urad dal, 15 grams mung dal, 15 gram toor dal, 15 grams channa dal, 1 tomato, ½ onion.
- Soak all dal overnight. Churn 1 tsp. of pumpkin seeds in a grinder. Add 1 tbs of idli ghol into it and add salt
- Now add tadka in the batter. Add Eno. and cook your Idli. Have Idli with Tomato mint chutney

### AtNight:

- 1 spoon cumin
- 1 spoon coriander
- Grated ginger
- Esabgol
- 2 elaichi
- 1 tsp curry leaves powder





# 15 DAYS GUT CLEANSE

(Do it yourself)

## Diet Plan

Calories daily intake - 1100–  
15 days



### Early Morning :

- 2-3 Coconut chunks
- 5 black raisins soaked overnight( have the water too)
- Take 1 tsp. of chia seeds (Soaked overnight in water)
- 1 tsp. INULIN powder in hot water
- 1 tablet Himalayan Organics Probiotics 50 Billion CFU 150mg

### Breakfast :

- 1 bowl vegetable sprout poha with chutney/ 2 Besan chilla/ 1 bowl white channa chaat/ 1 boiled aloo with veggies/ 1 bowl Upma + With 20 grams greek yogurt or Hung card



# 15 DAYS GUT CLEANSE

(Do it yourself)

Diet Plan

Calories daily intake - 1100–  
15 days



## Before Lunch Snack :

- Take 1 tsp. Rosemary (Keya) with water
- 1 bowl of pineapple salad with black pepper OR 1 Apple OR 1 Pear

## Lunch :

- 1 bowl vegetable daliya (with moong dal in it)/ 1 bowl mushroom spinach rice / 1 bowl curd rice.
- 1 tsp. Rosemary with water
- Take 2 green cardamom
- 5 curry leaves
- 2 Prunes







# 15 DAYS GUT CLEANSE

(Do it yourself)

Diet Plan

Calories daily intake - 1100-  
15 days



## Evening :

- Take 1 cup tea +1 bowl Sprouts bhel
- 1 Plum/ 1 bowl watermelon
- 1 tsp. Rosemary with water

## Dinner :

- 1 bowl vegetable dalia / 1 bowl upma / 1 bowl Broccoli Salad / 3-4 Besan Dhokla/ 40 grams
- paneer with 1 bowl Lauki soup
- Take 5 tulsi leaves with water
- Take 5 mint leaves with water
- Take 1 tsp. of cinnamon with luke warm water

Followed Next Day

Good Night!!!!!!

1 cup of green tea (if hungry at late night)

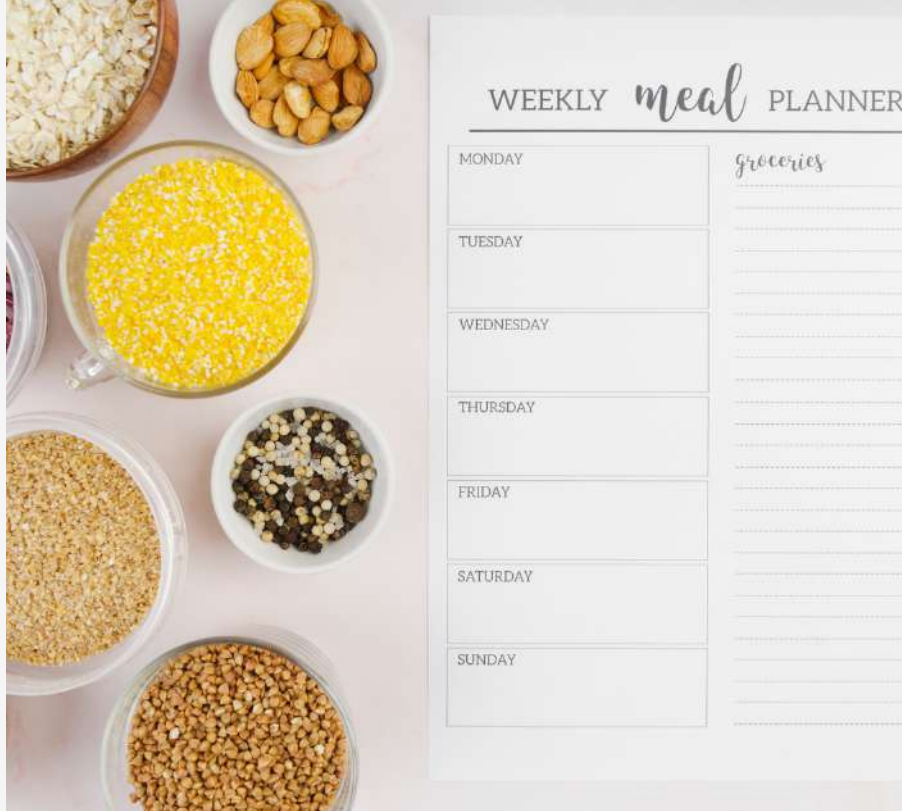
# 45 DAYS SPEED SLIM



(with expert)

To sign up contact -  
[info@fitfuelbyshraddha.com](mailto:info@fitfuelbyshraddha.com)

The 45 days Speed Slim Challenge is a proven, complete body transformation program that is designed for everyone, no matter where you are on your weight loss journey. It is a fusion of modern-day diet and Indian Kitchen Spices.



- Our program includes a customised meal plan, bi-weekly check-ins with a nutritionist, and access to a private support group for added motivation and accountability. It is a fusion of modern-day diet and Indian Kitchen Spices.
- Our team of experts has helped thousands of people just like you reach their weight loss goals.
- I have designed this program to help you achieve your goals and needs. We focus on creating quality eating habits, managing PCOD, Thyroid and Diabetes, and improving Gut health.
- Don't let another year go by without taking control of your health. Join our 6-week diet program today and see the results for yourself.

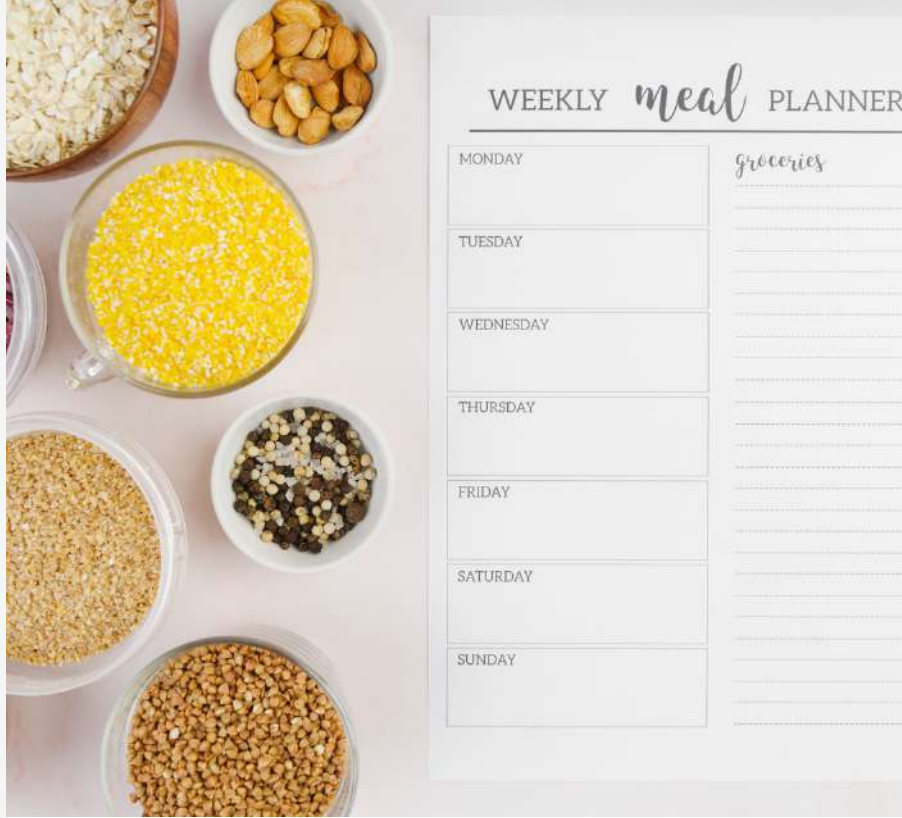


# 45 DAYS SPEED SLIM

(with expert)

To sign up contact -  
[info@fitfuelbyshraddha.com](mailto:info@fitfuelbyshraddha.com)

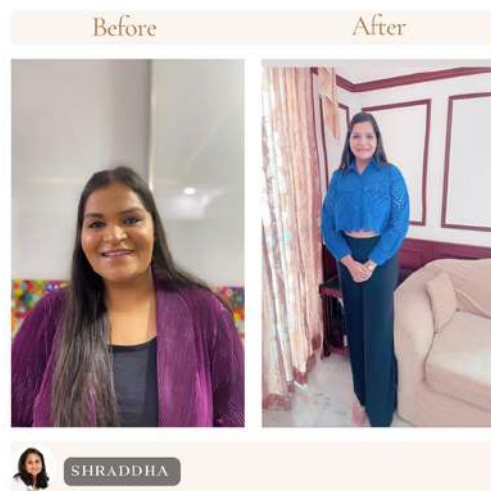
45 days Client  
Transformation



## Skin Transformation:



## Weight Transformation:





# 21 DAYS GUT CLEANSE CHALLENGE

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(with expert)

To sign up contact -  
[info@fitfuelbyshraddha.com](mailto:info@fitfuelbyshraddha.com)

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Get ready to embark on a journey to revitalise your gut health in our exclusive 21-Day Gut Cleanse Challenge, where we guide you through a transformative experience aimed at achieving optimal well-being from the inside out. It is a fusion of modern-day diet and Indian Kitchen Spices.



- Our program includes a customised meal plan, bi-weekly check-ins with a nutritionist, and access to a private support group for added motivation and accountability.
- Our team of expert has helped thousands of people just like you reach their weight loss goals.
- I have designed this program to help you achieve your goals and needs. We focus on creating quality eating habits, improved digestion and nutrient absorption, Increased energy and vitality, enhanced mood and mental clarity, sustainable weight management.
- Say goodbye to restrictive diets! Our challenge focuses on wholesome, flavourful indian foods that nourish your body and delight your taste buds. Discover a variety of mouth watering recipes that make the journey towards a healthier gut enjoyable.



# 21 DAYS GUT CLEANSE CHALLENGE

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(with expert)

To sign up contact -  
[info@fitfuelbyshraddha.com](mailto:info@fitfuelbyshraddha.com)

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21 Days Gut Cleanse Client  
Testimonial



- Divya :

I embarked on the 21-day gut cleanse with Shraddha, and the results were beyond my expectations. Not only did I experience a significant improvement in my digestion, but I also felt more energetic and focused. Shraddha's personalized approach and guidance made the entire process seamless. Highly recommended!

- Vikram :

As someone with a hectic lifestyle, I struggled with digestive issues. The 21-day gut cleanse was a game-changer for me. With the support and the customised plan by Shraddha made it manageable. I've never felt better, and the recipes were both nutritious and tasty. Grateful for this transformative experience



# DIET PLAN

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An Indian diet plan incorporates traditional Indian foods and spices, and a variety of spices . These foods are typically nutrient-dense and provide a balance of carbohydrates, proteins, and fats. A well-planned Indian diet can be rich in fiber, vitamins, and minerals, while also being flavorful and satisfying.





# FESTIVAL DIET PLAN

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## RAMDAN DIET PLAN

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### Sehari :

- 1 Vegetable Omelet/ 2 boiled eggs with 2 Dates 1 cup of tea or coffee

### Iftaari Herbs :

- 2 Dates and Almond
- Drink 2 glasses of Normal water
- Drink Triphala
- (Soak 1 teaspoon of Triphala Powder in 200ml of water overnight. In the morning boil it and when it reduces to half the quantity strain it and drink when it's Luke)
- Take 1 Clove with water
- Take 2 Cardamoms with water
- Take ½ Teaspoon of overnight soaked fenugreek seeds



# FESTIVAL DIET PLAN

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## RAMDAN DIET PLAN

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### Snack :

- Take 1 bowl of vegetable khichdi + 1 green chilly/ or 1 bowl of Vegetable Dahlia / 1 chapatti + vegetable
- After 1 teaspoon of Fennel
- Take 1 clove with water
- Take 2 cardamoms with water
- Take ½ teaspoon of overnight soaked fenugreek seeds
- Take 1 teaspoon of roasted non salty flaxseeds

### Mid Snack :

- 2 cup of tea or coffee with stevia+ 5 digestive biscuits ( NO Marie Gold)
- Take 1 bowl of fruit salad with black pepper





# FESTIVAL DIET PLAN

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## RAMDAN DIET PLAN

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### Dinner :

- 2 pieces roasted chicken with side salad and 1 apple / 1 boiled aloo chaat +milk and 2 pieces of sliced watermelon / 2 stuffed roti with sabzi or curry + 1 green chilly.
- Take 1 teaspoon of turmeric with water



# FESTIVAL DIET PLAN

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## NAVRATRI DIET PLAN

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### Note :

- Min 15 glasses of water
- Can take tea / coffee any time as much as you want (without Sugar)

### Breakfast :

- Fruit bowl+ 1 glass of milk +Handful of dry fruits/2 Banana+ 1 apple +1 orange+ 1 glass of milk/Kuttu atta parantha+ mint chutney

### Snack :

- Chaach with sendha (Rock) salt+ 8-10 nuts/Makhanas+ 8-10 nuts+ coconut water/Coconut water+ Makhanas+ 8-10 nuts





# FESTIVAL DIET PLAN

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## NAVRATRI DIET PLAN

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### Lunch :

- Sabudana Khichdi with peanuts and tomatoes/Singhade ki roti+ paneer subzi/Sabudana khichadi+ peanuts/ 2 Aloo Parathas with curd

### Snack :

- Green tea+ 2 bananas/Green tea+ Sabudana chaat/Green tea+ 1 banana+ 1 apple

### Dinner

- Aloo ki subzi+ singhade ki roti/Kuttu pakoda kadhi+ sabudana khichadi/1 glass of warm milk+ handful of nuts





# FESTIVAL DIET PLAN

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3 days Detox

POST DIWALI DETOX

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## Note :

- Take 1/2 teaspoon of ginger powder
- Take 3 cardamoms
- Take 1/2 teaspoon of husk
- Take 2 teaspoon of cumin with water

## Breakfast :

- 1 bowl of Overnight soaked Oats

## Before Lunch Snack

- Take 1/2 teaspoon of turmeric with water



# FESTIVAL DIET PLAN

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3 days Detox

POST DIWALI DETOX

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## Lunch

- 1 bowl of quinoa salad
- After 1 fennel
- After 1 flaxseed
- Take 1/2 teaspoon of chia seeds

## Evening

- Take 1 cup tea
- 1 bowl Papaya or Pineapple

## Dinner

- Take 1 chapatis + As much as vegetable + 1 green chilly
- After 1 fennel
- After 1 flaxseed
- Take 1 teaspoon of cinnamon (Ceylon not cassia) with 1 cup of water
- Take 1/2 teaspoon of chia seeds



# HOLIDAY DIET PLAN

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# TRAVEL DIET PLAN

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## Note :

- Take 1 tsp. Tirphala with water
- Take 1 tsp of mustard seeds with water
- Take 3 Cardamoms
- Take 2 tsps. Of cumin with water
- Take 2 Medhorvati

## Breakfast :

- Anything/ Try consuming a lot of fruits
- Preferably 1 sandwich/ 2 bread toast/  
1 bowl Poha(without peanuts)/1  
bowl Upma
- 1 cup Tea





# HOLIDAY DIET PLAN

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## Lunch :

- Avoid Fried and Cheese
- Preferably 2 chappati +Vegetables/ 2 idli + Sambhar(no coconut chutney)/ 2 Pao + Bhaji/ Rice with vegetable(no dal)
- Take 2 Arogyavati/ Triphala Gugal

## Evening :

- Take 1 cup of Tea or coffee with 2 cookies





# HOLIDAY DIET PLAN

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# TRAVEL DIET PLAN

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## Dinner :

- Anything light. Preferably salads and soup or 3 slices of Pizza or 1 bowl Red sauce Pasta
- Take 2 Arogyavati/ Triphala Guggal
- Take 1 tsp. overnight soaked fenugreek seeds
- Take ½ tsp of chia seeds







# HOLIDAY DIET PLAN

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## TRAVEL + HOLIDAY DIET PLAN

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### (HOLIDAY DIET PLAN)



### Early Morning :

- Have 8-10 Black raisins (Soaked overnight in water)
- To counter acidity
- 1 tablet(Himalayan Organics Probiotics)
- 1 tsp. inulin powder with hot water or hot coffee

### Breakfast :

- Take a bowl of Poha or 1 sandwich or 1 paratha
- or 1 bowl Upma or 2 eggs or bread omelete with a
- cup of tea or coffee





# HOLIDAY DIET PLAN

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## TRAVEL + HOLIDAY DIET PLAN

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(HOLIDAY DIET PLAN)



### Mid Snack :

- Have 2 Prunes + an apple or pear

### Lunch :

- Eat 2 chappati + any vegetable + dal or south Indian
- meal or 2 pav bhaaji or 1 bowl red sauce pasta

### Evening Snack :

- eat your favorite food
- Also, take 4 almonds + 1 walnut + 1 prune

### Dinner :

- Eat your favorite food (focus on portion control)





# HOLIDAY DIET PLAN

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## TRAVEL + HOLIDAY DIET PLAN

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( TRAVEL DIET PLAN )

### Morning :

- Take 1 tsp. of mustard seeds with water
- Take 3 Cardamoms

### Breakfast :

- Anything/ Try consuming a lot of fruits
- Preferably 1 sandwich/ 2 bread toast/ 1 bowl Poha(without peanuts)/1 bowl Upma + 1 cup Tea

### Lunch :

- Avoid Fried and Cheese
- Preferably 2 chappati +Vegetables/ 2 idli + Sambhar (no coconut chutney)/ 2 Pao + Bhaji/ Rice with vegetable





# HOLIDAY DIET PLAN

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## TRAVEL + HOLIDAY DIET PLAN

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### ( TRAVEL DIET PLAN )

#### Evening :

- Take 1 cup of Tea or coffee with 2 cookies

#### Dinner :

- Anything light. Preferably salads and soup or 3 slices of Pizza or 1 bowl Red sauce Pasta
- 1 tsp. fennel





# HOLIDAY DIET PLAN

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## POST TRAVEL DIET PLAN

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### Note :

- Daily Calories Intake - 1100 – 9 days
- 1 cube of dark chocolate with 70% + Cocoa
- 1 cup of green tea

### Early Morning :

- Drink 1 liter of water (1/2 Apple + 1/2 tsp. Cinnamon powder – soaked overnight- Filter the water and drink it

### Breakfast :

- Take 1 bowl of poha/ 1 bowl Upma/ 2 bread grilled sandwich use onion - tomato and panner / 1 bowl of sautéed vegetable or 1 boiled potato with veggies + tea/coffee
- 1 tsp. ginger + 1 tsp. cumin + 1/2 tsp. coriander powder



# HOLIDAY DIET PLAN

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## POST TRAVEL DIET PLAN

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### Before Lunch Snack :

- Take 1-2 Prunes

### Lunch :

- Take 2 chapattis with vegetables / 1 bowl curd rice / 1 bowl rice with dal
- Take 1/2 tsp. of mustard seeds

### Evening :

- Take 1 coffee/ tea +1/2 bowl of chickpeas or sprouts salad
- Take 1 Kiwi/ Plum
- Take 2 Green Cardamoms (gulp seeds with water)



# HOLIDAY DIET PLAN

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## POST TRAVEL DIET PLAN

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### Dinner :

- 2 chapatti + any vegetable (3 times Paneer Bhurji)/ 1 bowl rice + dal/ 1 bowl Upma/ 1 bowl Daliya/ 1 bowl Vegetable Oats/ 1 bowl sautee vegetable with 40 grams paneer
- 1 tsp. ginger + 1 tsp. cumin + 1/2 tsp. coriander powder + 1/2 tsp. Isabgol

### Follow Next Day

1 cup of milk / 1 cup of green tea (if hungry at night)

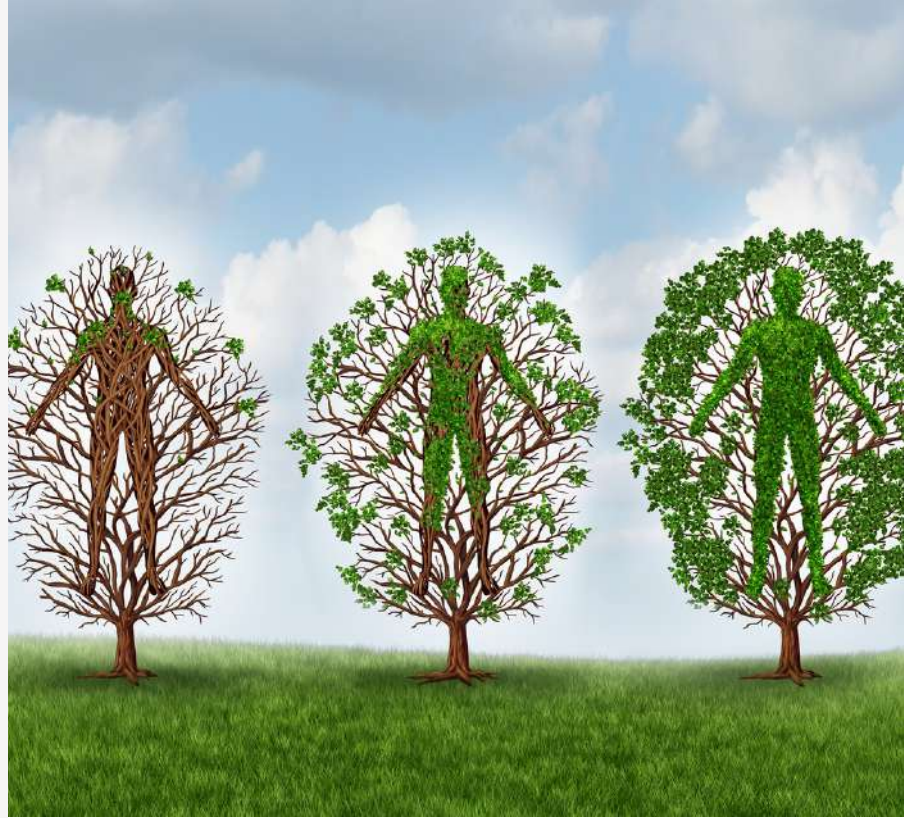


# RECOVERY DIET PLAN

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## RECOVERY DIET PLAN

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### Covid Immune Drink

- Take 5 glasses water add 1 teaspoon of turmeric + 1/2 teaspoon of coriander power + 1/2 teaspoon of mustard seeds + 1/2 teaspoon of ginger boil it till 3 glass take thrice a day

1 cup of Immunity booster Tea & Digestive Tea daily

### Lunch :

- Take 4 tulsi leaves
- Take 1 Prune
- Take 2 green cardamoms







# RECOVERY DIET PLAN

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## RECOVERY DIET PLAN

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### Breakfast :

- 1 egg sandwich or 2 eggs omelete or 1 Paneer sandwich or 2 Paneer besan chilla or 1 Paneer paratha with mint chutney or 1 bowl white channa salad
- Vitamin B-12 supplement (For a month)

### Before Lunch Snack :

- Take 1/2 teaspoon of turmeric with water

### Lunch :

- 2 chappatis + Sabzi (Preferably Paneer or egg) + Dal/ 2 days you can take non-veg
- Take 1 teaspoon of chia seeds
- Take 2 clove with water
- Take 1 Prune





# RECOVERY DIET PLAN

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## RECOVERY DIET PLAN

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### Evening :

- 1 Kiwi / Apple
- 1 cup tea or coffee with  $\frac{1}{2}$  bowl white channa/ Rajma or sprouts chaat

### Dinner :

- 2 Stuffed Parathas with mint chuttney
- Take 4 tulsi leaves
- Take 2 green cardamoms

Followed Next Day

Good Night!!!!!!!

1 cup of milk / 1 cup of green tea (if hungry at late night)





# RECOVERY DIET PLAN

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## COVID RECOVERY DIET PLAN

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### Post-Covid Immunity building drink :

- Take 5 glasses water add 1 teaspoon of turmeric + 1/2 teaspoon of coriander power + 1/2 teaspoon of mustard seeds + 1/2 teaspoon of ginger boil it till 3 glass take thrice a day

### Early Morning :

- Take 4 tulsi leaves
- Take 1 Prune
- Take 2 green cardamoms
- 1 Tsp. Dandelion Powder

### Breakfast :

- 1 egg sandwich or 2 eggs omelete or 1 Paneer sandwich or 2 Paneer besan chilla or 1 Paneer paratha with mint chutney or 1 bowl white channa salad
- Vitamin B-12 supplement - 1 month



# RECOVERY DIET PLAN

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## COVID RECOVERY DIET PLAN

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### Before Lunch Snack

- Take 1/2 teaspoon of turmeric with water

### Lunch :

- 2 chappatis + Sabzi (Preferably Paneer or egg) + Dal/ 2 days you can take non-veg
- Take 1 teaspoon of chia seeds
- Take 2 clove with water
- Take 1 Prune
- 1 Tsp. Dandelion Powder

### Evening :

- 1 Kiwi / Apple
- 1 cup tea or coffee with a bowl of White Channa/ Rajma or sprouts chaat



# RECOVERY DIET PLAN

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## Dinner :

- 2 Stuffed Parathas with mint chuttney
- Take 4 tulsi leaves
- Take 2 green cardamoms

Followed Next Day

Good Night!!!!!!

1 cup of milk / 1 cup of green tea (if hungry at late night)





# PARTY DIET PLAN

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## OPEN DINNER DIET PLAN

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(Day of open dinner)



### Breakfast :

- 7-8 cubes of papaya with 1 cup milk and 1 tbsp. Wheat flakes

### Lunch :

- 1 bowl of Wheat flakes with milk or 2 paneer stuffed chapatti with green mint chutney and 1 green chilli

### Evening Snack :

- 1 bowl of Papaya

### Dinner :

- Focus on the portion control and No beer – Take 60 ml scotch if possible





# PARTY DIET PLAN

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## OPEN DINNER DIET PLAN

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(Next Day)

### Note :

- Water needs to be consumed within 24 hours of consuming alcohol. There are two choices of detox water
- 5 glasses of water +  $\frac{1}{2}$  tsp esabgol. +  $\frac{1}{2}$  tsp. coriander powder + 1 lemon
- 7 glasses of water +  $\frac{1}{2}$  tsp. green cardamom powder+  $\frac{1}{2}$  tsp. oregano+ 6-10 mint leaves

### Early Morning :

- 1 Tsp.triphala churan
- 1 Tsp. cumin powder
- 2 green cardamoms





# PARTY DIET PLAN

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## OPEN DINNER DIET PLAN

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(Next Day)



### Breakfast :

- 1 bowl papaya + Tea or coffee

### Snack :

- 1 apple

### Lunch :

- 1 bowl papaya + Vegetable
- 2 cloves
- 2 green Cardamom

### Snack :

- Tea or coffee with 5MGB

### Dinner :

- 1 chappati + Sabzi + Salad
- 1 TSP triphala churan
- 1 TSP cumin
- 2 green cardamoms



Thank you for trusting & supporting my journey !

If you've made it this far, I'd love to know a few things about you & if we have anything in common! Feel free to share it with me in the link below .

If you have any questions, feedback, or suggestions regarding the resource guide, please don't hesitate to reach out to me. We value your input and are always striving to improve our offerings.

Once again, thank you for choosing our resource guide. We sincerely hope it proves to be a valuable tool in your journey towards a healthier, happier, and more beautiful lifestyle.

Here is the link :

<https://dogged-inventor-9481.ck.page/f60430c616>

Website link :

<https://www.fitfuelbyshraddha.com/>