



BALANCED DIET FOR WOMEN



Hey Beautiful!

Balanced diet is the one which contains different foods in such quantities and proportions so that the need for calories, protein, minerals, vitamins and other nutrients is adequately met and small provision is made for extra nutrients to withstand short duration of leanness and it covers energy expenditure and for tissues maintenance, repair and growth.

In addition, a balanced diet should provide bioactive phytochemicals such as dietary fibre, antioxidants and other nutraceuticals which have positive health benefits. Low glycaemic index foods are preferred.

A balanced diet should provide around 60-70 percent of Total calories from carbohydrates, 10-12 percent from protein and 20-25 percent of total calories from fat.

Importance of Balance Diet

- Meets nutritional requirements.
- Provide phytochemicals.
- Prevents degenerative diseases.
- Improve longevity.
- Prolong productive life.
- Improves immunity.
- Increases endurance level.
- Develops optimum cognitive ability.
- Helps in coping up stress.
- Ability to withstand short duration of leanness.
- Covers energy expenditure and for tissue maintenance, repair and growth.

Balanced Diet Plan

Total:

- Calories: 1600 kcal approx.
- Proteins: 48 g approx.
- Fats: 20 g approx.



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Early Morning : (Calories 105 kcal, Proteins - 4g approx)

Info : The first food consumed after waking up on empty stomach, everyday needs to help detoxification along with replenish our system with essential nutrients and helps to detoxify the system and build immunity

- 1- tsp of Apple cider vinegar in a glass of lukewarm water with 4-5 walnuts and almonds (overnight soaked and peeled)

Or

- 1 tsp of cumin seeds (jeera) soaked overnight. Boil in 2-glass of water until it remains 1- glass, strain and drink. 4-5 walnuts and almonds (overnight soaked and peeled)

Or

- 1- glass cucumber, lemon and mint detox water with 4-5 no. of walnuts and almonds (overnight soaked and peeled)

Info : Our daily motto should be " Be a soaker, not a bloater! Nuts, Seeds and grains contain inhibitors (like armor). Soaking helps to deactivate them. 4 - Reasons to soak nuts, seeds and grains.

- Improves Digestion.
- Build Immunity.
- Unlocks nutrients- Soaking activates the full nutrients potential of food. The potency of Vitamin A, C and B get a boost, protein becomes more available and live enzymes are released.
- Improved flavor and texture.

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Breakfast: 9:00 – 10:00 am (Calories – 350 kcal and Proteins – 12g approx)

Info : The most important meal of the day, to break your fasting period is BREAKFAST. The advice given by The Himalayan Organics expert is to start your day with high protein. Breakfast and what better than home cooked, low calorie, breakfast?

They help build muscle and play a crucial role in fuelling the body with energy. Consuming enough and good quality protein is crucial, as it also helps keep you full which may further help with managing weight and boosting your energy levels for the rest of the day.

Day 1

1 - Bowl Quinoa with Vegetables + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw quinoa, 100g vegetables, 1 cup milk = 100ml)

Day 2

2 - no Moong Dal Chilla Paneer Chilla with Mint chutney + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw moong dal, 50g paneer, 50g mint leaves, 1 cup milk = 100ml)

Day 3

1 - Bowl Vegetable Oats + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw oats, 100g vegetables, 1 cup milk = 100ml)

Day 4

1 - Bowl Steamed Sprout Salad + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- Sprouts, 100g vegetables, 1 cup milk = 100ml)

Day 5

1 - Bowl Vegetable Upma + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw semolina, 100g vegetables, 1 cup milk = 100ml)

Day 6

1 - Bowl Vegetable Dalia + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw daliya, 100g vegetables, 1 cup milk = 100ml)

Day 7

1 - Bowl Vegetable Poha + 1 fruit and 1 cup toned milk.
Ingredients amount : (30g- raw poha, 100g vegetables, 1 cup milk = 100ml)



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Mid Morning Snacks: 11:00– 11:30 am (Calories – 80 kcal, Proteins– 2 g approx)

Info : Mid Morning snack is to take care of your hunger pangs in between the two meals. Time of the day, we need to add fibre in our daily diet. What can be a better option than a seasonal fruit, low in calories, rich in vitamins and minerals, along with high fibre.

1-Coconut water + 1 Fruit.

Lunch : 1:00 – 1:30 pm (Calories – 460 kcal, Proteins– 14g approx)

Info: The Mid day meal is key to your health and productivity. It has been proven through multiple researches that people who don't eat lunch tend to gain more weight because they overeat during dinner time to compensate for lunch.

Eating lunch boosts physical and mental health. Ideally, a healthy lunch should offer a balance among all food groups : Grains, Pulses, Vegetables and Dairy.

2 -Multigrain Chapatis.

1- Bowl Dal.

2- Bowl Vegetable.

(eat green vegetable, avoid potatoes)

1-Bowl Dahi.

1-Bowl Salad.

2 - Multigrain Chapatis.

1 - Bowl Rice.

1 - Bowl Dal.

2 -Bowl Vegetables.

1 - Bowl Dahi.

1- Bowl Salad.

OR

Ingredients amount: 30g wheat flour = 1 chapati, 30g raw dal = 1 bowl cooked dal, 30g - raw rice = 1 cup cooked rice, 200g vegetables, 1 cup dahi = 100g)





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Evening Snack: 4:00 – 5:00 pm (Calories – 300 kcal, Protein – 6g approx)

Info: Healthy evening snacking is a smart choice. It helps to reduce blood sugar levels and can fight off extreme fatigue one faces as the day ends. Avoiding pangs of hunger during the evening will push one to pick unhealthy choices for dinner and one may end up eating more junk food than planned.

4:00 pm : 1 cup tea with 2- ragi cookies.

5:00 pm : 1 – Bowl Roasted Makhana with
1- tsp of mix roasted seeds + 1 fruit.

7:00 pm : (Calories – 40 kcal, Protein- 2g)
1 Coconut Water

Dinner: 8:00 pm (Calories – 285 kcal, Proteins- 8g)

Info : Eat early and eat less. The earlier you eat your dinner, the better it is. When we awake, our body works at BMR (BASAL METABOLIC RATE) but when we sleep, it slows down to RMR (RESTING METABOLIC RATE). The longer you are awake, the more your body will be able to burn versus burning less at rest, but as said earlier dinner is an important meal and it should not be skipped, so definitely eat a light dinner.

1 – Multigrain chapatis.

1 - Bowl Vegetable.

1 - Bowl Dal.

1 - Bowl Salad.

OR

1 - Bowl Vegetable Dal Daliya with Salad

(30g Dalia, 30g- Dal, 100g- Vegetables for dalia)

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Note:

- Exercise regularly for 45- Minutes to keep yourself active.
- Drink Plenty of water to keep yourself hydrated.
- Avoid caffeinated and carbonated beverages such, Tea, coffee and soft drinks. ❑ Avoid refined and high sugary foods.
- Avoid smoking and alcohol consumption.
- Use oils and fats in moderation.
- Includes Adequate amount of green vegetables and fruits in daily diet.

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