

# GAIN-IT

A natural way to Boost appetite & gain weight

**'FOOD IS NOT RATIONAL. FOOD IS CULTURE, HABIT,  
CRAVING AND IDENTITY.' – JONATHAN SAFRAN FOER**

Ahara is one of the Traya Upasthambas which is explained in Ayurveda, Ahara or food is a major supporting pillar which helps in sustenance of life and maintenance of health. One cannot imagine living without food.

**There is a Teaching in Ayurveda, UPAYOGA SAMSTHA-Mindful eating Philosophy.**

Upayoga samstha is essentially a guideline for how to eat. We've heard most of its recommendations before; we all know that we should chew our food thoroughly, for example. But we might not realize just how important mindful eating really is. Making simple, conscious changes in the way that we ingest can improve digestion, prevent overeating and toxic buildup, and even settle the mind. Ayurveda teaches us how.

Below mentioned are the rules and regulations for intake of ahara (food) and are applicable for both diseased persons as well as healthy people.

**One should eat proper quantity of food while following the below mentioned rules**

- \* Ushnam Ashneeyaata – Eat hot and fresh food
- \* Snigdham Ashneeyaata – Eat unctuous food
- \* Matravad Ashneeyaata – Eat according to proper quantity
- \* Jeeerne Ashneeyaata – Eat after feeling hungry, after the digestion of previously consumed food
- \* Veerya Aviruddham Ashneeyaata – Eat food which is not contradictory in potency
- \* Ishta Deshe, Ishta Sarva Upakaranam Cha Ashneeyaata – Eat in desired place with desired articles
- \* Na Ati Dhrutam Ashneeyaata – Do not eat in a hurry
- \* Na Ati Vilambitam Ashneeyaata – Do not eat very slowly
- \* Ajalpan, Ahasan, Tanmanaa Bhunjeeta – Eat with utmost concentration without talking or laughing
- \* Aatmanam Abhisameekshya Bhunjeeta Samyak – Eat after self-analysis

## FIRST WEEK

- 6:30 am** - (as soon as you wake up) – 1 glass of warm water  
**7:30 am** - One bowl Pomegranate  
**8:30 am** - 200 ml Mongdal gruel or omlet Poha/upma/Daliya Kichadi  
**11:30 am** - Banana/Apple  
**1:30 pm** - Once small bowl rice with Dal 2 Chapati/Roti/Ragi ball with Veg curry  
**5:00 pm** - Vegetable soup/chicken soup  
**8:30 pm** - Similar diet like lunch but avoid rice.  
**10:00 pm** - Dry Grapes +1-2 dates (if feeling hungry)

## SECOND WEEK

- 6:30 am** - (as soon as you wake up) - Overnight soaked Almonds (7-8) followed by 1/2 glass of warm water  
**7:30 am** - A glass of milk(A2 MILK-Desi cow milk) with a health drink of your choice  
**8:30 am** - A cup of any Cereal porridge with milk / Poha, upma, or daliya khichdi with lots of veggies.  
**11:30 am** - Kerala banana/apple/sapota  
**1:30 pm** - Once small bowl rice with Dal 2 Chapati/Roti/Ragi ball with Veg curry, 1 cup of curd  
**5:00 pm** - 1 cup of milk (A2 milk)  
**8:30 pm** - A small plate of salad before starting the meal. 2 or 3 dry chapati with vegetable curry or dal.

## THIRD WEEK

- 6:30 am** (as soon as you wake up) – Overnight soaked Dry grapes(8-10) + 2 dates followed by 1/2 glass of warm water  
**7:30 am** - A glass of milk (A2 MILK-Desi cow milk) with a health drink of your choice.  
**8:30 am** - A cup of any Cereal porridge with milk or Poha, upma, or daliya khichdi with lots of veggies. or Idli, dosa, Pesarattu or 2 chapatis with a cup of veggies & a cup of boiled sprouts and egg omelet (2 egg whites from 1 whole egg).  
**11:30 am** - Kerala banana/apple/sapota  
**1:30 pm** - A small cup of rice and two chapatis. A cup of pulses (masoor, moong, chana). ½ cup of vegetable curry, or chicken breast or a piece of fish/ eggs/ tofu/. A small cup of curd or yogurt  
**5:00 pm** - Veg sandwich with ghee. Or Baked sweet potato. Or Fistful mixture of roasted nuts.  
**8:30 pm** – 2 or 3 chapati with vegetable curry or dal. Mixed salad made of cucumber, carrot, and tomatoes.

## FOURTH WEEK

- 6:30 am** - (as soon as you wake up)- Overnight soaked Dry grapes (8-10) + 2 dates followed by 1/2 glass of warm water  
**7:30 am** - A glass of milk(A2 MILK-Desi cow milk) with a health drink of your choice.  
**8:30 am** - A cup of any Cereal porridge with milk or Poha, upma, or daliya khichdi with lots of veggies. or Idli, dosa, Pesarattu or 2 chapatis with a cup of veggies & a cup of boiled sprouts and egg omelet (2 egg whites from 1 whole egg).  
**11:30 am** - Kerala banana/apple/sapota  
**1:30 pm** - A small cup of rice and two chapatis. A cup of pulses (masoor, moong, chana). ½ cup of vegetable curry. or chicken breast or a piece of fish/ eggs/ tofu Mixed salad made of cucumber, carrot, & tomatoes. A small cup of curd or yogurt  
**5:00 pm** - Veg sandwich with ghee. or Baked sweet potato / or Fistful mixture of roasted nuts.  
**8:30 pm** - 2 or 3 chapati with vegetable curry or dal. Mixed salad made of cucumber, carrot, and tomatoes