

- Eat slowly, biting & chewing is very important.
- No TV/gadget when eating, keep away from any electronic devices when eating to avoid overeating.
- There is no substitute for water, start your day with water & stay hydrated with water throughout the day.
- Do not skip meals, to keep your metabolism boosted, eat 3 main meals & 2 small meals every day. It is also very important to have your dinner between 7-8 pm.

Grocery List

- Tonge Obashy Diet Notwood
- Bananas/ papaya/ watermelon or any seasonal or local fruits.
- Dry fruits/ nuts/ peanuts urad dal for dosa/ idlis Lentils like all the dals (moong dal)
- Til(sesame seeds) ladoos or besan ladoos or ragi ladoos or wheat ladoos
- Coconut grated to add to your chutneys, curries or vegetable dishes.
- Curd (to make chaas/ buttermilk)
- Flat rice (used to make poha)
- Rawa (semolina) or dalia to make umma
- Wheat flour (for chapatis / parathas)
- Coffee/ tea
- Pickle(your favourite homemade)
- Rice
- Ghee/ peanut oil



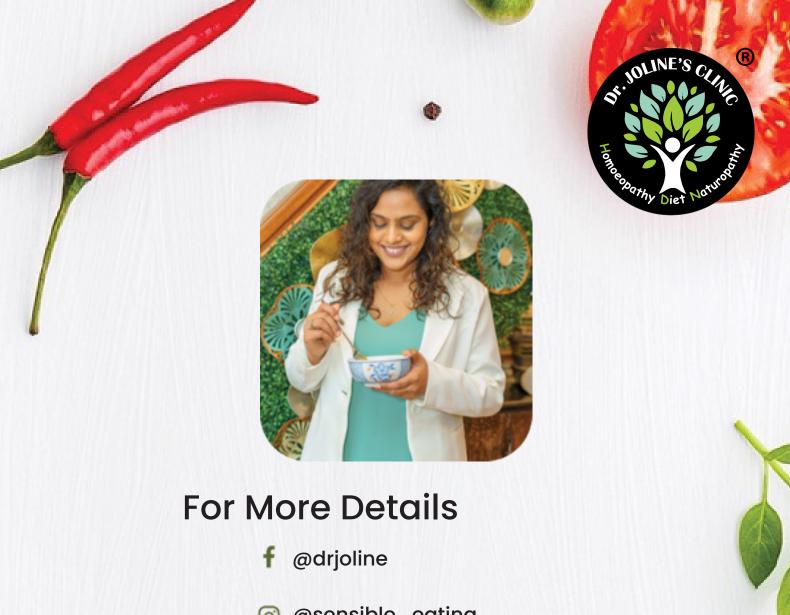
Grocery List

Veggies (you have a variety to choose from):

Tomoeoparhy Diet Notural

- Ginger Lemon Tomatoes
- Green leafy vegetables: Spinach, methi, red bhaji, (any of your favourites)
- Pudina (mint leaves) (optional) Coriander
- Mushrooms/Paneer (optional)
- Rajma/ chole/ soybeans (having anyone is good enough) Tendli
- Lauki
- Spices: turmeric, pepper, cinnamon, chillies, mustard seeds,
 (All thats available in your kitchen) or garam masala powder.





- @sensible_eating
- 91 9764240528
- https://www.drjoline.com

