



Rules to follow when your eating

- ◆ 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.

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Grocery List



- ◆ 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):

- ◆ 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.

Non - Veg (Optional)

- ◆ Chicken
- ◆ Eggs
- ◆ Fish



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