

GUILT-FREE EATING GUIDE

Diwali, the festival of light is celebrated in India & all over the world with great vigor and joy. It is one of the main festivals related to Indian culture. The main highlights of this festival are the lights, fireworks, and decorations. Our area of concern begins when the richly prepared sweets and dishes start appearing making it very difficult to keep weight in check during this season. We end up consuming extra calories and it becomes very difficult to shed those kilos later on.

@forammodi

01

Cut down on calories wherever you can.

Example:

Puri bhaji -Pan Bhaji Samosa-Vegetable Cutlet Pakora- Veggies+Dal Appam





Keep eye on liquid

Green tea/coconut water/lime water / infused water for easy digestion of high-calorie snacks.

Oforammodi

03

Prepare nutritious versions of your sweets and savory like Baked samosa
Instead of Fried samosa, Lowfat Chivda instead of sev, farsan, chakli, shakarpali, etc.



04

Choose your starters wisely.
Opt for Dahi vada, Masala
khakra, Chana chaat, and
Cereal chiwda instead of
Deep-fried snacks

Oforammodi



Keep a Fresh fruit bowl along with nuts instead of mithai / fried farsan to offer guests.



06

Choose moderate calorie sweets in proper portion size. Pick 1 tbsp.
Shrikhand, phirni, Kheer or 1 piece of Rasmalai,
Sandesh instead of gulab jamun, jalebi, ladoos

Oforammodi

07

Avoid Aerated Drinks like
Colas & Sweetened
sharbat, Canned Juices. As
these are empty calories.
Stick to Fresh Lime water /
Soda without sugar at get
together.



08

Include high-fiber foods like Raw salad, Sprouts, vegetable raita, palak raita, and fruits before a heavy meal, or a party that saves you from frequent hunger pangs. And you can control yourself eating junk.

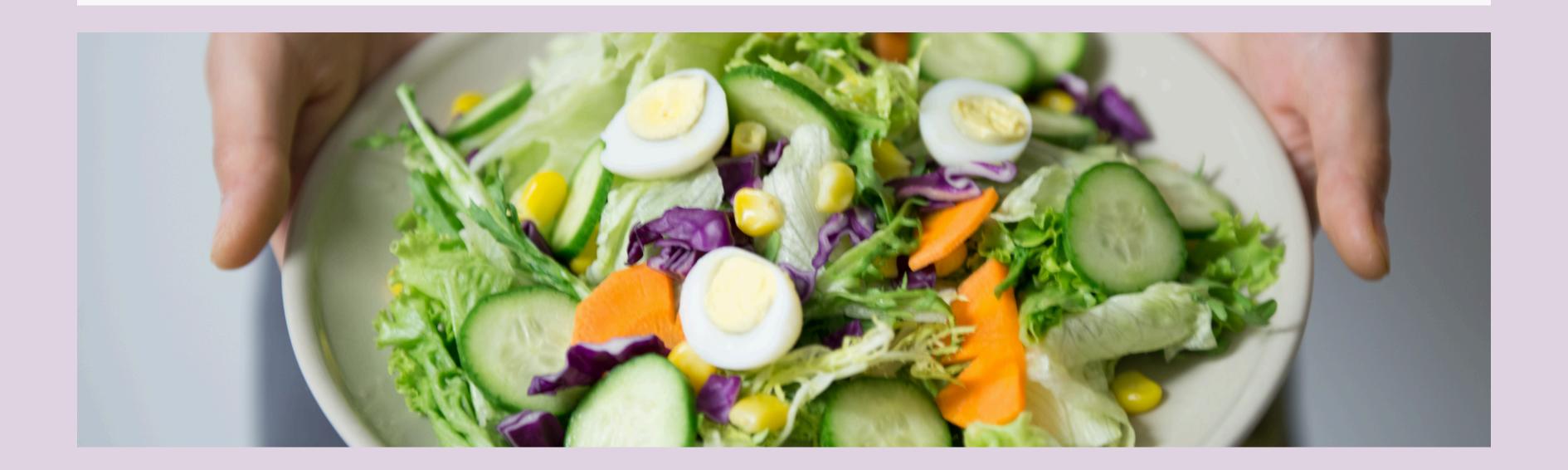


POST DIWALI DIET TIPS

After enjoying the festival guiltfree. You need to get back to balance eating

LOW CAL DINNERS

If you have already consumed a lot of calories during the day, make sure you cut some amount of calories during dinner. It's absolutely fine to skip dinner & have a glass of buttermilk or try some low carb fat-free food, soups, or only Salad the day you have indulged in the wrong food throughout.





KEEP YOUR SELF HYDRATED

Have infused water instead of normal water. This will help to boost your metabolism & burn your calories. Keep you away from unwanted craving







Adopt methods like grilling, roasting, and steaming instead of frying.

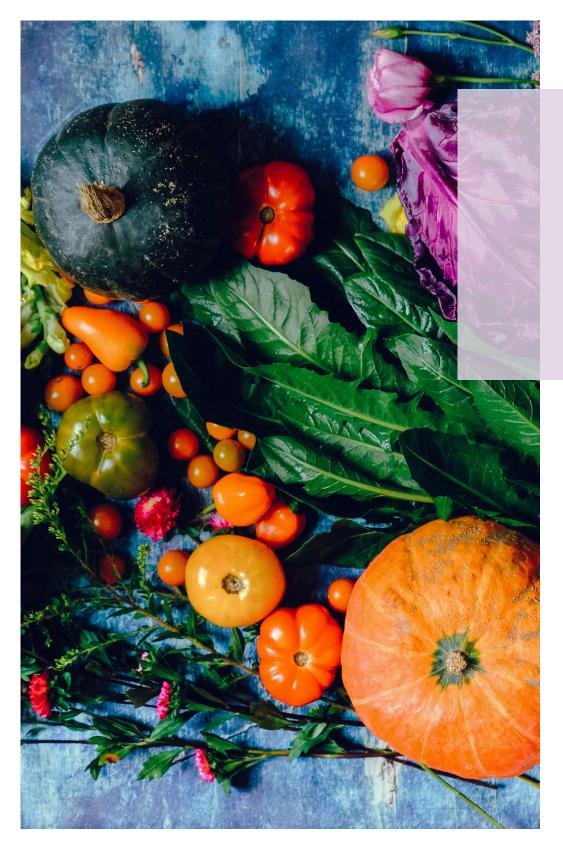
LEVEL UP YOUR COOKING METHOD



INCLUDE GREENS

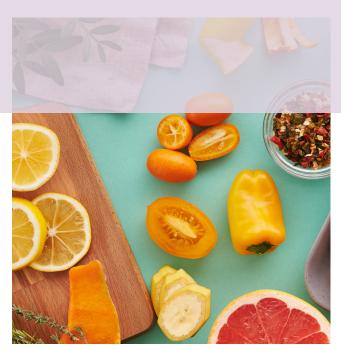
Make sure at least once a day daily you have green leafy veggies





AVOID CHEAT MEAL FOR SOMETIME

As you already indulge during the festival, make sure you do not plan any cheat meals for some time. train your body to get back in t eating real good food again.

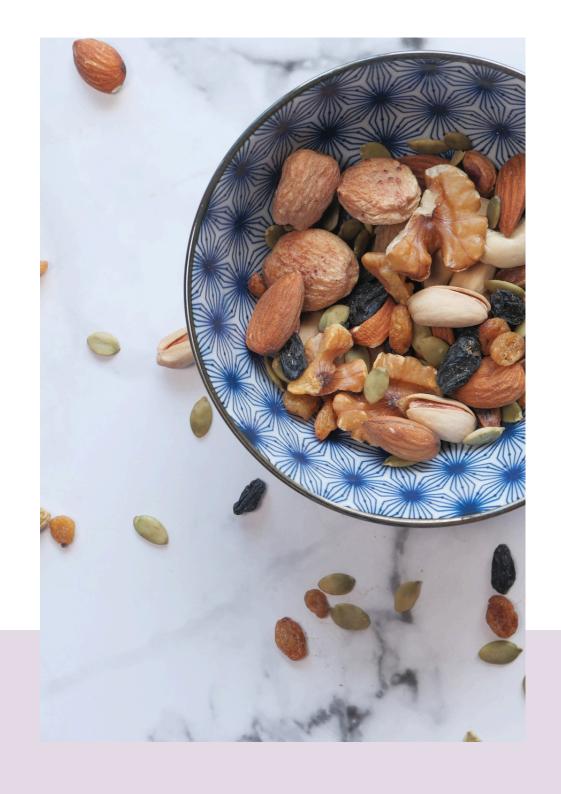




EAT NOURISHING FOOD

Nothing is as nourishing and filling then war mix vegetable soup





SNACK ON HEALTHY



Happy Diwali

Foram Modi