



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.

GUILTFREE DIWALI DIET TIPS

01

*Cut down on calories
wherever you can.*

Example:

Puri bhaji -Pan Bhaji

Samosa-Vegetable Cutlet

Pakora- Veggies+Dal Appam



02

Keep eye on liquid

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

GUILT FREE DIWALI DIET TIPS

[illegible]

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

GUILTFREE DIWALI DIET TIPS

05

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

GUILTFREE DIWALI DIET TIPS

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