



## Modern Ayurvedic Nutrition

Kapiva's modern day nutrition	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Weight Check</b>	1st thing in the morning	Yoga, Asanas, and meditation	Yoga, Asanas, and meditation	Yoga, Asanas, and meditation	Yoga, Asanas, and meditation	Yoga, Asanas, and meditation	Yoga, Asanas, and meditation	Cheat day: Go for a walk Weight Check
<b>StaminUP Capsule</b>		1 capsule before breakfast						
<b>Nutrition</b>		Take 4 soaked almonds & 2 soaked walnuts						
<b>Breakfast</b>	8:30 AM	2 egg white omlette with veggies and 1 whole wheat chapati or 2 small whole wheat bread	2 Moong dal cheela with green chutney	1 bowl White boiled Chick pea salad with pumpkin seeds	2 small size veg stuffed paratha( brushed with olive oil) with 1 bowl low fat curd	1 bowl Veg daliya with 1 bowl low fat curd	2 egg white omlette with veggies and 1 whole wheat chapati or 2 small whole wheat bread	1 bowl steamed sprouts with cut vegetables
<b>Ashwagandha Capsule</b>		1 capsule after breakfast						
<b>Morning Snack</b>	11:00 AM	Fruits (1 bowl pomegranate or 1 pear or 1 apple or 4 to 5 cranberries)						
<b>Pre Lunch - VM Juice</b>	1:15 PM	30 ml of Vigor Max Juice with 200ml of warm water and 1 glass warm water after few minutes						
<b>Lunch</b>	1:30 PM	1 bowl salad carrot cucumber with 1 tsp sunflower seeds, 1 small bowl moong dal palak, 2 multi grain phulka	1bowl Cucumber raita,1 bowl Rajma and 2 Multigrain chapati	1 bowl onion tomato salad,1 bowl dal /Lentils 2 thin multigrain phulka /2 buckwheat flour chapati	1 bowl carrot and onion salad 1 bowl Cauliflower Green Peas, 1 bowl yellow moong dal,2 multigrain chapati	1 bowl tomato onion salad,1 bowl veg pulao ,1 bowl low fat curd .	1 bowl carrot beetroot salad,1 bowl matar paneer and 2 multigrain phulka	1 bowl lauki raita, 1 bowl chana masala and 1 bowl oats
<b>Evening Tea</b>	4:30 PM	1 small bowl Chana peanuts roasted with veggies bhel	1 small bowl pop corn	1 handful trail mix	1 small bowl roasted Foxnuts	1 handful puffed rice and bengal gram	1 small bowl pop corn	1 small bowl Chana peanuts roasted with veggies bhel
<b>Exercise</b>	6:00 PM	10,000 Steps + Yoga	45 Mins of Cardio	10,000 Steps + Yoga	45 Mins of Cardio	10,000 Steps + Yoga	45 Mins of Cardio	Outdoor Activity
<b>StaminUP Capsule</b>	7:45 PM	1 capsule before dinner						
<b>Dinner</b>	8:00 PM	1 bowl salad with roasted paneer/tofu 4 to 5 pcs and 1 bowl carrot tomato soup	1 bowl dal daliya Khichdi with tomato chutney and steamed broccoli .	1 bowl salad with 100gm tawa roasted chicken tikka/soya chaap /paneer tikka sprinkled with lemon and spices	1 bowl masala <b>oats</b> with 1 bowl dal soup	1 bowl grilled veggies with soya chunks patties and 1 bowl spinach soup	2 veg grill paneer roll with mint chutney	1 bowl salad with 100gm tawa roasted white chicken tikka sprinkled with lemon and spices
<b>Ashwagandha Capsule</b>		1 capsule after dinner						

### Points to remember :

1. Avoid processed food like bakery and fried packed items as they have hidden salt and sugar .
2. Do not add salt from top in salads,buttermilk,raita and soups.
3. Adding pumpkin seeds and lentils reduce blood pressure naturally
4. Avoid Coffee as it increases hypertension.
- 5.Oatmeal and eggs helps in building up stamina .