Dr. Natasha & Roshith
97 4444 1166

Wellnest NUTRITION

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7-DAYS KERALA BALANCED DIET PLAN

DAILY MORNING DETOX
(Empty Stomach)

Choose one daily:

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Warm water + lemon + few tulsi leaves	Warm jeera water (½ tsp soaked overnight)
Warm water + dry ginger (chukku) pinch	**Fenugreek (uluva) water (1 tsp soaked overnight)**

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7-DAYS KERALA BALANCED DIET PLAN

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Day	Breakfast	Lunch	Evening Snack	Dinner
DAY 1	Puttu (small portion) + kadala curry Herbal tea / black coffee	Kerala matta rice (½–¾ cup cooked) Avial Cabboge thoran Rasam	1 guava / apple Handful roasted peanuts	Cherupayar Raw Banana Puzhukk
DAY 2	2 idli Sambar Coconut chutney (limited) Bowl of Salad	Red rice (½ cup) Fish curry (grilled/less oil) Beans thoran Moru curry	Tender coconut water Small handful roasted chana	Pindi Vanpayar Mezhukupuratti, salad
DAY 3	Cherupayar dosa Vegetable sambar Bowl of Salad	Matta rice (½ cup) Chicken curry (less oil) Snake gourd thoran Buttermilk	Papaya bowl / orange 5-6 soaked almonds	2 chapati Vegetable stir fry Salad
DAY 4	Millet Puttu Chana curry	Rice (½ cup) Mezhukkupuratti (vazhakka/kovakka) Sambar Curd	Boiled corn / chickpea Green tea	Boiled Chickpea with salads
DAY 5	2 Kadala mavu(Besan) Dosa with veggies and Mint chutney	Rice (½ cup) Prawns curry / mushroom curry Carrot-beans thoran Rasam	Fruit chaat (no salt/sugar)	Vegetable omelette (2/3 eggs)
DAY 6	Appam (2 small) Vegetable or egg stew	Rice (½ cup) Kerala style fish fry Spinach thoran Moru curry / Sambar	Handful peanuts / fox nuts (makhana)	Quinoa Upma Sambar
DAY 7	Vegetable Avil Upma (Kerala style) Herbal tea	Rice (½ cup) Chicken/veg curry Avial Buttermilk	Coconut slices (small) + fruit	2/3 egg Vegetable omlette (Egg Pizza)

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GENERAL GUIDELINES

- Use cold-pressed coconut oil (1-2 tsp/day max)
- Prefer steaming, boiling, pan-cooking
- Avoid deep-fried snacks, bakery items, sugary drinks
- Drink 2.5-3 L water/day
- Eat dinner before 7pm

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NUTRITION

Your Health Transformation Starts with the Right Nutrition

Schedule a consultation to discuss your health concerns and receive expert, science-based nutrition guidance designed **just for you.**

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Visit Us
Choice Gardens,
Toc H Road, Vyttila, Eranakulam

Mail Us
contact@wellnestnutrition.in

Call Us
+91 97 4444 1166