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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.


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Before



BEFORE

After



AFTER

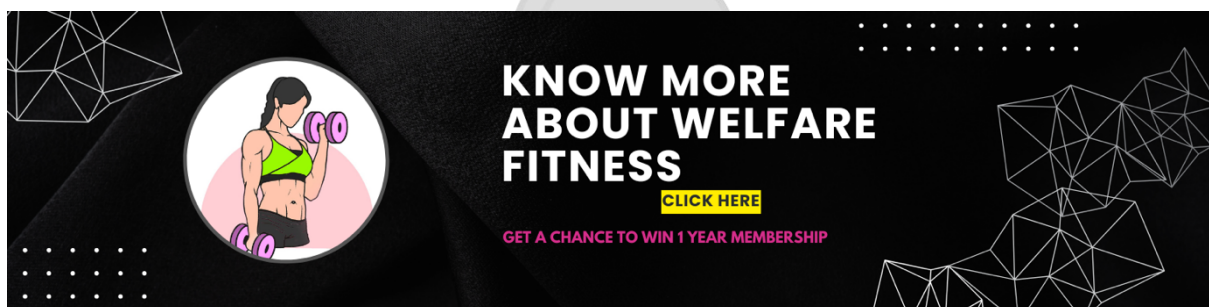
🌙 Navratri Thyroid Diet Chart (1200–1400 KCal – Veg Fasting – Hormone Balance + Weight Loss)

Day	Breakfast (8:00 AM) ~250 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:00 PM) ~400 KCal	Evening Snack (5:00 PM) ~200 KCal	Dinner (8:00 PM) ~350 KCal
Day 1	1 small Kuttu Cheela + ½ cup Curd + 2 Soaked Walnuts	1 Apple + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + Curd (½ cup)	1 cup Roasted Makhana + Lemon Water	1 small bowl Sweet Potato Chaat (boiled) + ½ cup Curd
Day 2	1 bowl Sabudana Upma (low ghee) + ½ cup Curd	1 Orange + 2 Soaked Almonds	2 small Kuttu Roti + Kaddu Sabzi + ½ cup Curd	1 cup Cucumber + Lemon Water	1 bowl Samak Pulao (with veggies) + Curd (½ cup)
Day 3	1 bowl Samak Porridge (almond milk) + 2 Soaked Raisins	1 Guava + Coconut Water	1 bowl Samak Rice + Bhindi Sabzi + Curd	1 cup Makhana + Herbal Tea	2 small Kuttu Cheela + Mixed Veg Sabzi + ½ cup Curd
Day 4	1 small Kuttu Cheela + Curd (½ cup) + 2 Walnuts	1 Apple + Lemon Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd	Roasted Peanuts (dry) + Coconut Water	1 bowl Paneer Bhurji (50g paneer) + 1 Kuttu Roti
Day 5	1 bowl Sabudana Khichdi (less oil) + ½ cup Curd	1 Orange + Coconut Water	1 bowl Samak Rice + Kaddu Sabzi + ½ cup Curd	1 cup Makhana + Lemon Water	2 small Kuttu Roti + Bhindi Sabzi + Salad + ½ cup Curd
Day 6	1 bowl Samak Porridge + 2 soaked Almonds	1 Guava + Lemon Water	1 bowl Samak Rice + Veg Curry + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 bowl Samak Pulao + Paneer Bhurji (50g paneer) + Salad
Day 7	1 small Kuttu Cheela + Curd + 1 Date	1 Apple + Coconut Water	1 bowl Samak Rice + Bhindi Sabzi + Curd	1 cup Makhana + Lemon Water	1 Kuttu Roti + Kaddu Sabzi + Salad + ½ cup Curd
Day 8	1 bowl Sabudana Upma + 2 soaked Almonds	1 Orange + Coconut Water	1 bowl Samak Rice + Mixed Veg + ½ cup Curd	Sweet Potato Chaat (small portion) + Lemon Water	2 small Kuttu Roti + Lauki Sabzi + Salad + ½ cup Curd
Day 9	1 small Samak Porridge + 1 Walnut	1 Guava + Coconut Water	1 bowl Samak Pulao + Mixed Veg + ½ cup Curd	Roasted Makhana (½ cup) + Lemon Water	1 Kuttu Cheela + Paneer Bhurji (50g paneer) + Salad

✓ Thyroid Navratri Fasting Tips:

- ✗ Avoid **excess raw cruciferous veggies** (cabbage, cauliflower).
- 🧂 Use **iodized salt** (essential for thyroid).
- 🥜 Include **selenium sources**: almonds, walnuts.
- 🥛 Use **low-fat dairy** in moderation (curd, paneer).
- 🍵 **Herbal teas**, lemon water, coconut water aid detox & hydration.
- 🚶 30 mins walk/yoga daily for metabolism.

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6 MONTH	10-14 KG	15-20 KG
12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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