

The 30 days nutrition challenge

    **Double your veggies**    

 **Eat 3 different millets per week** 

 **Microfasting between meals** 

Participation Rules

1. Share minimum 3 pictures of your meal per week. More the merrier. :)
3. Each picture should have a small 1-2 liners detailing which veggies you added and if possible how you cooked.
4. Consult with your healthcare physician before participating if you have any health conditions.

The Challenge

    **Double your veggies**    

Increase the amount of veggies you eat by doubling the amount that you eat normally. (Recommended upto 6 cups to veggies per day)

And we don't mean eat salad all the time. There are so many ways to add veggies in your meals. Look at the guidelines below to find creative ways to sneak in more health.

   **3 Different Millets per week**   

Eat 3 different millets throughout the week.

you can choose the form. Look at our guideline for recipes.

Listen to Your Gut: Pay attention to how your body reacts to different foods. Make adjustments as needed.

   **Microfasting between meals**   

One simple rule, eat 2 or 3 hearty, full meals which are rich in protein, carbs, healthy fats, fibers, complex carbs and a variety of flavors.

No consuming any calories between meals. no chai with sugar or milk.

Any zero calorie food is fine like green tea, herbs infused water or black coffee.

Now, where will you fit in your nuts, chai, fruits etc? Add it with your meals like fruits for breakfast or add nuts to your salad.

Microfasting eliminates unaccounted calories like sweets, packaged snacks, evening chai and bhujia, and other tidbits.

Guidelines

To begin with please make sure you fill in your pantry and fridge with

1. Raw edible veggies : Example-> carrots, cucumber, radish, kohlrabi, Avocados etc
2. Steam/ Blanch edible veggies: Broccoli, beetroots, brussels sprouts etc
3. Sauté/cooked edible veggies: Kale, Spinach, Red Spinach, Beet leaves etc.
4. Millets of different variety: Bajra, Buckwheat, Ragi, Jowar etc.

Recipe Ideas

[Wholesome & Healthy Indian Millet Recipes by Archana's Kitchen](#)

[18 Diabetes Meal Ideas With Millet Roti Sabzi Combination by Archana's Kitchen](#)

[Healthy Indian Vegetable Recipes](#)

Creative ways to add veggies to your regular meals

1. Always prepare salad along with your regular meal preparations, you may keep a batch of chopped veggies to use later.
2. Instead of regular dosa make Uttapam with a lot of veggies.
3. Instead of regular rice, add veggies in the rice make it veggie rice
4. Add vegetable puree in your Rotis or Parathas.
6. Try to go for vegetable loaded traditional recipes like Pulao, Bissibeli Bhat, Sambhar, Upma
7. Make french fry shaped vegetable sticks with carrots, cucumbers, sweet potatoes, Asparagus etc and eat it with your favorite chutney.
8. Eat more veggie chutney's like beetroot chutney, tomato chutney etc
9. Please feel free to modify the form in which you take your millets. Roti, Upma, Dosa, porridge, Mudde (steamed millet balls) etc
10. Listen to Your Gut: Pay attention to how your body reacts to different foods. Make adjustments as needed.