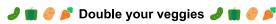
The 30 days nutrition challenge

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



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 salald all the time. There are so many ways to add veggies in your meals. Look the the guidelines below to find creative ways to sneak in more health.



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.

101 101 Microfasting between meals 101 101 101

One simple rule, eat 2 or 3 heatfelt, full meals which are rich in protien, 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, packages snacks, evening chai and bhujiya, and other tid bids.

Guidelines

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

- 1. Raw edible veggies: Example-> carrots, cucumber, radish, kohlrabi, Avacadoes etc
- 2. Steam/blanch edible veggies: Broccolli, 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 vegetables sticks with carrots, cucumbers, sweet potatos, 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, porriage, Mudde (steamed millte balls) etc
- 10. Listen to Your Gut: Pay attention to how your body reacts to different foods. Make adjustments as needed.