



Day 1



BREAKFAST:

APPAM



TIPS

Reduce oil to 1 tablespoon, use natural oils such as coconut oil, reduce portions

LUNCH:

SAMBAR



TIPS

Serve with 2-3 table spoon of rice. Replace white rice with brown rice

SNACKS:

MILAGU VADAI



TIPS

Try baking instead of frying

DINNER:

PARUPPU PAYASAM



TIPS

Reduce ghee/ oil / coconut milk to 1-2 table spoon per dish



Day 2



BREAKFAST:

PATHIRI



TIPS

reduce portion of Pathiri to 2-3
Pan fry instead of deep fry

LUNCH:

PULIYODARAI



TIPS

Reduce portion of rice to 2-3 table
spoon. reduce ghee/ oil / coconut
milk to 1-2 table spoon per dish

SNACKS:

MANGO



TIPS

Serve with plain yoghurt
or blend in milk

DINNER:

THOSAI



TIPS

Reduce oil 1-2 table spoon per dish
and replace with natural oils such
as coconut oil



Day 3



BREAKFAST:

ROTIS



TIPS

Reduce portion of rotis to 1-2

LUNCH:

PARUPPU PAYASAM



TIPS

Have extra Cajun nuts on the side

SNACKS:

VEGETABLE CUTLETS



TIPS

Serve with side salad

DINNER:

APPALA KULAMBHU



TIPS

Reduce to 1 tablespoon of ghee.
Add extra vegetables.



Day 4



BREAKFAST:

PITTU



TIPS

Reduce portion of pittu
add more vegetable sambal

LUNCH:

POLLACHI NANDU



TIPS

Pan fry instead of deep fry
reduce oil to 1-2 table spoon oil

SNACKS:

MURUKKU



TIPS

Reduce portion. Try to pan fry
instead of deep fry or oven bake

DINNER:

CHETTINADU EGG OMELETTE



TIPS

Add more vegetables to the
omelette. Serve with 2-3 table
spoon of rice



Day 5



BREAKFAST:

IDIYAPPAM



TIPS

Try 2 tablespoons of desiccated coconut with spices on the side. Reduce portion of String hoppers

LUNCH:

RASAM



TIPS

Add more vegetables to the stew. Serve with 2-3 tablespoon of rice

SNACKS:

VAZHAIPOO VADAI



TIPS

Reduce portion and pan fry instead of shallow fry

DINNER:

MEEN VARUVAL



TIPS

Pan fry instead of shallow fry
Serve with grilled vegetables



Day 6



BREAKFAST:

POORI



TIPS

Reduce portion of puri. Replace oil with natural oils such as coconut oil

LUNCH:

MUTTON KOLA URUNDAI



TIPS

Reduce oil to 1 tablespoon and if possible replace with coconut oil.

SNACKS:

THAYIR VADAI



TIPS

Add low fat milk and use less salt

DINNER:

CHICKEN CURRY



TIPS

Serve with 2-3 tablespoon of rice reduce oil to 1-2 tablespoon



Day 7



BREAKFAST:

CHAPATI



TIPS

Reduce portion of Chapati
avoid adding oil/ ghee to chapati

LUNCH:

CHICKEN CHETTINAD



TIPS

Reduce oil to 1-2 table spoon per dish
serve with 2-3 table spoon of rice

SNACKS:

MASALA PEANUTS



TIPS

Dry roast, instead of frying

DINNER:

PRAWN VADAI



TIPS

serve with a side salad
reduce oil/ ghee to 1-2 table spoon