Eat Dinner Like a Pauper

Day 1
- Have a wholesome breakfast consisting of maximum carbs to supply glucose to your body cells. Example breakfast cereals with skimmed milk/Upma topped with veggies/Idli/egg with whole wheat bread toast.
- Make your body work: Go out for 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa.) Add to the routine two sets of push-ups + squats (a set of 10 to 20 repetitions.) Rest for 30 seconds to 2 minutes in between two sets. Don’t forget to add a cool down for about 5-10 minutes.

Day 2
- Snack on these: A bowl of sprouts / a whole wheat bread veggie sandwich/boiled corn with chopped veggies and herbs/boiled egg or paneer roll with whole wheat base/a bowl of roasted chanas or nuts.
- Include 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) and 5-10 minutes of breathing and stretching exercises.

Day 3
- Maintain a gap of 2 hours between your bedtime and dinner. Say, if you sleep at 11.00 pm, try your best to dine by 9.00 pm so that your body gets time to metabolize the nutrients before you hit the bed.
- Time for a quick workout: Interval walking for 20 minutes (1 minute fast walking followed by 2 minutes of slow walk or vice versa) two sets of push-ups + squats (a set of 10 to 20 repetitions.) Rest for 30 seconds to 2 minutes in between two sets. Don’t forget to add a cool down for about 5-10 minutes.

Day 4
- Go low on carbs: Ditch rice for dinner time and instead of having two rotis have only one along with veggies and pulses.
- Stay active by going out for 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) Add to the routine a quick 5-10 minutes of cool down.

Day 5
- Ditch the carbs completely and make healthy diet choices by including more fibre and protein in your diet.
- Eat a balanced meal: soup/salad + stir fried veggies + a protein source (curd/egg whites/paneer/grilled fish or chicken/sprouts)
- Workout and stay fit: Interval walking for 20 minutes (1 minute fast walking followed by 2 minutes of slow walk or vice versa) two sets of push-ups + squats (a set of 10 to 20 repetitions.) Rest for 30 seconds to 2 minutes in between two sets. Don’t forget to add a cool down for about 5-10 minutes.

Day 6
- Slow and steady wins the challenge: Eat your dinner very slowly, slow eating will ensure a good digestion of the food consumed during the dinner thus preventing any digestive discomfort at night.
- Hit the road for 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) and 5-10 minutes of cool down session.

Day 7
- Dinner Date: Start your meal with the grilled or roasted starters and a clear soup (non-corn flour) accompanied with a green salad (to stay partially full), then go ahead with the main course. Remember to eat clean – Ditch sugary products, refined flour and opt for fresh veggies and fruits.
- Relax! Ditch the workout for a day.