



## THAT NUTRITIOUS GLOW - Free Navratri Diet Plan

---

### **Foods allowed:**

- Potato, Sweet potato, Pumpkin, Bottle gourd
- Tomatoes (optional, it is technically considered a fruit)
- Ginger, Lemon
- All Dairy Products- milk, curd, paneer, ghee
- Sabutdana, Kuttu Flour (buckwheat) , Singada Flour, Sama Rice
- Black pepper and Rock Salt (sendha namak)
- Dry fruits, chia seeds, Peanuts, Makhana,
- Coconut water, green tea, coffee, tea

### **General Guidelines:**

1. **THE FOLLOWING DIET PLAN IS NOT AIMED FOR WEIGHT LOSS, BUT PHYSICAL AND CELLULAR PURIFICATION.**
2. Try and follow a fasting window of 16 hours and eating window of 8 hours.  
For example, you can eat between 9am-5pm and fast from 5pm-9am.
3. Try to limit your portion sizes and don't go overboard with food quantities.
4. Try and meditate/ pray twice a day for your mental peace.
5. Do some physical activity for 30 minutes a day like yoga, surya namaskaram, skipping etc.
6. Sleep for 8 hours.
7. Drink 3-4 litre water.

---

### **DAY 1:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** a bowl of seasonal fruits (3-4)

**Mid Meal:** Tender Coconut water + 2 fresh dates

**Lunch:** 1 katori gheeya ka raita + 1 boiled aloo chaat

**Evening Snack:** 1 cup milk tea/ coffee with jaggery + 1" coconut giri

**Dinner:** 1-2 pc Kuttu ka chilla + 1 katori pumpkin sabzi

## **DAY 2:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** Kuttu chilla with paneer stuffing + 1 katori curd

**Mid Meal:** Neembu Sherbet with rock salt (Lemonade) + 2 fresh dates

**Lunch:** 1 bowl sabutdana khichdi

**Evening Snack:** 1 cup green tea + handful of roasted peanuts

**Dinner:** 1 bowl sama ki kheer made with jaggery

## **DAY 3:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** Apple almond milk shake with chia seeds

**Mid Meal:** Namkeen Chaas (Chaach)

**Lunch:** 1 bowl Sweet potato chaat

**Evening Snack:** 1 cup milk tea/ coffee with jaggery + handful of roasted makhana

**Dinner:** 2pc Kuttu ki poori + 1 bowl aloo/gheeya/lauki ki sabzi

## **DAY 4:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** 1 bowl makhana ki kheer made with jaggery

**Mid Meal:** Neembu Sherbet with rock salt (Lemonade) + 2 fresh dates

**Lunch:** 1 katori gheeya raita + 1 bowl sabudana khichdi/ 3-4pc shallow fried sabutdana tikki/ cutlet

**Evening Snack:** 1 cup chamomile tea + 1 bowl dahi makhana chaat

**Dinner:** 1 bowl sama ke chawal + peanuts

## **DAY 5:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** a bowl of seasonal fruits (3-4)

**Mid Meal:** Tender Coconut water + 2 fresh dates

**Lunch:** 1 boiled aloo dahi chaat

**Evening Snack:** 1 cup milk tea/ coffee with jaggery + handful of roasted makhana

**Dinner:** 1-2 pc Kuttu dosa + gheeya/ lauki/ pumpkin ki sabzi

## **DAY 6:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** Banana almond milk shake with chia seeds

**Mid Meal:** Namkeen Chaas (Chaach) + 2 fresh dates

**Lunch:** 1 bowl Sweet potato dahi chaat

**Evening Snack:** 1 cup ajwain tea + 1" coconut giri

**Dinner:** 1-2 pc singhada atta chilla + 1 katori gheeya/ lauki/ pumpkin sabzi

### **DAY 7:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** Kuttu chilla with paneer stuffing + 1 katori curd

**Mid Meal:** Tender Coconut water + 2 fresh dates

**Lunch:** 1 bowl sama ke aloo + paneer pulao + peanuts

**Evening Snack:** 1 cup milk tea/ coffee with jaggery + handful of roasted peanuts

**Dinner:** 1 bowl Sweet potato chaat

### **DAY 8:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** 1 bowl makhana ki kheer made with jaggery

**Mid Meal:** Neembu Sherbet with rock salt (Lemonade) + 2 fresh dates

**Lunch:** 3-4 pc paneer tikka + 1 katori gheeye ka raita

**Evening Snack:** 1 cup green herbal tea + 1" coconut giri

**Dinner:** 1 bowl lauki ka soup

### **DAY 9:**

**Early Morning:** 5 Soaked almonds + 1 whole walnut

**Breakfast:** Apple almond milk shake with chia seeds

**Mid Meal:** Namkeen Chaas (Chaach) + 2 fresh dates

**Lunch:** 1-2 pc kuttu ki poori + gheeya/ aloo ki sabzi

**Evening Snack:** 1 cup milk tea/ coffee with jaggery + handful of roasted peanuts

**Dinner:** 1 bowl makhana kheer made with jaggery

**Follow this diet plan and let me know how do you feel after 9 days: mentally, spiritually and physically.**

**Happy Navratri!**

ThatNutritionGlow

Nutritionist Tanvi Gupta

@thatnutritiousglow\_

dietplan@thatnutritiousglow.info