

# MAHAYOGI GORAKHNATH

MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 U.P. GOVERNMENT (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)  
 || CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- 148 ||

This organization is certified under sections 12A and 80G

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## Dietitian & Diet Chart



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A top-down view of various fresh ingredients arranged on a dark surface. In the center, a woven basket holds three brown eggs. To the right, several bright orange carrots are scattered, some whole and some cut. A large, thick slice of yellow pineapple is at the top. A bundle of white, thin noodles is on the right side. In the foreground, there's a pile of fresh green cilantro leaves and a sliced red bell pepper. Several small glass and wooden bowls contain different types of grains or seeds, including white rice and sesame seeds. The background is a light-colored, textured surface, possibly a plate or a piece of paper.

# **BALANCE DIET**

**Meaning, Types Importance,  
History, Benefits, Facts**

A guide by MAHAYOGI HERBALS

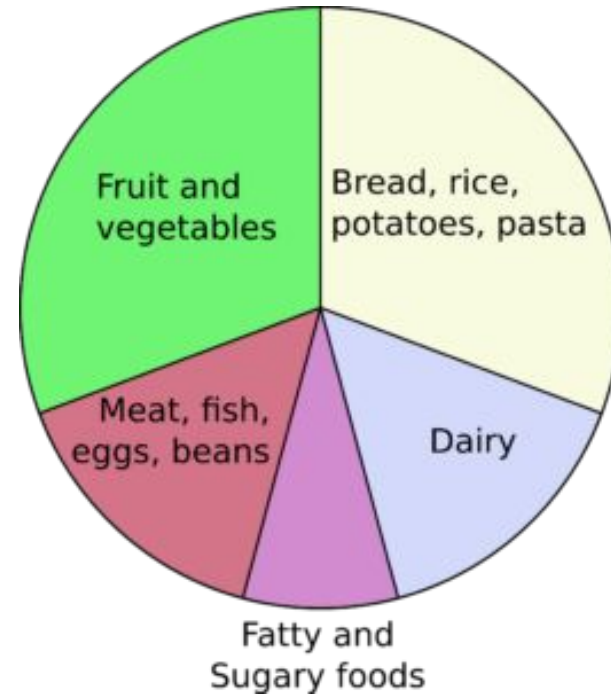
# Meaning- DIET CHART

A diet chart is basically a guideline of what you should/should not eat. A wide range of disorders in the body can originate from making the wrong choices with respect to food.



# TYPES OF DIET PLAN

- 1.LOW CARB DIET
- 2.HIGH PROTEIN DIET
- 3.WEIGHT GAIN DIET
- 4.WEIGHT LOSS DIET
- 5.INTERMITTENT FASTING
- 6.BALANCED DIET
- 7.KETOGENIC DIET
- 8.PALEO DIET
- 9.VEGAN DIET
- 10.ATKIN DIET
- 11.GLUTEN FREE DIET
- 12.LACTOSE FREE DIET
- 13.THERAPEUTIC DIET PLAN





# HISTORY;

According to Foxcroft, the word diet comes from the Greek *diaita*, which represents healthy lifestyle including both mental and physical health.

The English doctor George Cheyne was an overweight doctor and constantly ate a meat-rich diet. He began eating a meatless diet, taking only milk and vegetables, and soon regained his health. In 1724, he wrote *An Essay of Health and Long Life*, in which he advises exercise and fresh air and avoiding luxury foods.

The first popular diet was "Banting", named after William Banting. In 1863, *Letter on Corpulence, Addressed to the Public*, William Banting outlined the details of a particular low-carbohydrate, low-calorie diet that led to his own dramatic weight loss.



# BENEFITS OF DIET PLAN

- May help you live longer.
- Prevents and lowers the risk of metabolic disorders
- Supports healthy pregnancies and breastfeeding.
- Keeps skin, teeth, and eyes healthy.
- Supports muscles.
- Boosts immunity.
- Strengthens bones.
- Helps the digestive system function.
- Improves energy levels
- Better quality sleep



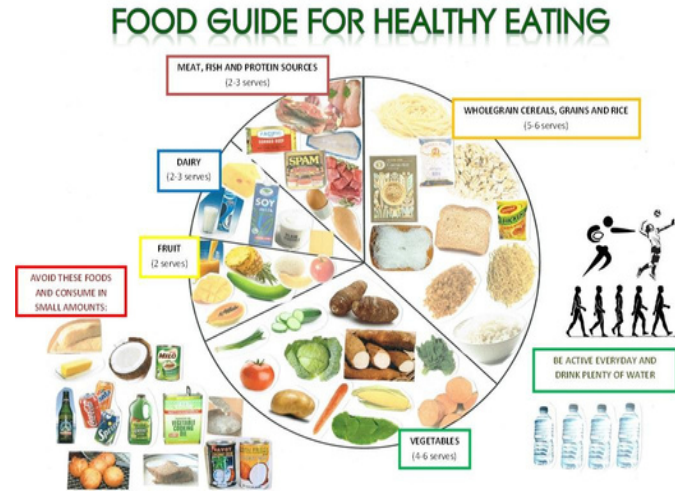
# SOME COMMON FOODS NUTRITION FACT

- Just 100 grams of sesame seeds provide a whopping 975 milligrams of calcium. Compare this to milk and you'll find that 100 ml of milk offers only 125 milligrams
- Just 100g amaranth leaves provides 7.6 mg iron while spinach provides 2.71 mg
- Just 100 gms of amla provide 600 mg of vitamin C, while 100 gms of oranges provide only 30 mg.



# BALANCE DIET

A diet that contains vitamins, minerals, proteins, carbohydrates, fats and essential nutrients in the right proportion is known as balanced diet. A balanced diet offers proactive phytochemicals such as antioxidants, dietary fibers and nutraceuticals.





# TYPES OF BALANCE DIET

- **Low fat;** - in this diet, fats are consumed in a less quantity that reduces the weight of the person. Diet include NCEP I AND II. It helps to improve weight, cardiovascular health and blood sugar level.
- **Low carbohydrate;** - in this diet a large quantity of proteins and fats are consumed. The restriction on carbohydrates cause ketosis.
- **Low calorie;** - in this diet, calories of 200 to 800 are consumed in a day. This is found that this diet lowers the total body mass around 8% in 3 to 12 months.

- **Fasting; in thai diet long intervals are taken between the meals. Lengthy fasting are contagious for the body and should be done under supervision.**
- **Detox; this diet helps to eliminate toxins in the body. Natural herbs and low calorie content is used in this diet.**

# IMPORTANCE

- 1.Improves your body functions, prevent weight gain and strengthen your immune system
- 2.A balanced diet help you to fight diseases and prevent the chances deficiency diseases.
- 3.Healthy eating is beneficial to prevent long term diseases such as cancer, diabeties and heart problem.
- 4.Makes you feel energetic and manage your weight.

# BENEFITS



- 1 IMPROVES HEALTH
- 2 CONTROL WEIGHT
- 3 CONTROLS BLOOD PRESSURE
- 4 PREVENT LONG TERM DISEASES
- 5 BOOST IMMUNITY
- 6 PREVENT HEART DISEASES
- 7 PREVENT MALNUTRITION

# Sample Diet Chart

**For**

**NAME :- Ms. Prerna Gupta**

**HEIGHT :- 162.5cm**

**WEIGHT:- 98.4kg**

**AGE :- 27 years**

**DATE:- 14/12/21**

**Medical Issue:- low hb, low  
vitamin d**

**Allergy/ Dislikes :-**

**cucumber, lemon empty  
stomach Vegetarian diet +  
egg**

**From :- Dt. Jyoti Goswami**





# WEEK 1

<b>Early Morning</b>	Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp + soaked almonds -4pc
<b>Breakfast</b>	Vegetable omelette -(2 eggs, veggies)
<b>Brunch</b>	Anar -1 + flax seeds -2tsp
<b>Lunch</b>	<i>Dhaniya leaves mix roti + 1 bowl cabbage sabzi + curd -½ bowl + salad</i>
<b>Evening</b>	Green tea -1 cup + ½ lemon + Peanuts -30g
<b>Dinner</b>	Rajma chaat -1 bowl
<b>Post Dinner</b>	1 cup green tea



## WEEK- 2

<b>Early Morning</b>	Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp + soaked almonds -4pc
<b>Breakfast</b>	Chickpea salad - 1 bowl
<b>Brunch</b>	Papaya -250g + sesame seeds -2tsp
<b>Lunch</b>	Methi leaves mix roti -2 + 1 bowl bhindi fry + cucumber raita - 1 bowl + salad
<b>Evening</b>	Green tea -1 cup + ½ lemon + makhana -50g
<b>Dinner</b>	Broccoli & egg (2 boiled eggs) salad -1 bowl
<b>Post Dinner</b>	1 cup green tea



# WEEK- 3

<b>Early Morning</b>	<b>Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp + soaked almonds -4pc</b>
<b>Breakfast</b>	<b>Egg sandwich -1 ( 2 slice brown bread, 1 whole egg 1 egg white bhurji,veggies)</b>
<b>Brunch</b>	<b>Apple -1 + garden cress seeds -2tsp</b>
<b>Lunch</b>	<b>Mooli stuffed roti -2 + chana dal -1 bowl + salad</b>
<b>Evening</b>	<b>Green tea -1 cup + ½ lemon + sprouts chaat -1 small bowl</b>
<b>Dinner</b>	<b>Vegetable oats -1 bowl or oats maggie or atta noodles -1 packet + salad</b>
<b>Post Dinner</b>	<b>1 cup green tea</b>



# WEEK- 4

<b>Early Morning</b>	<b>Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp + soaked almonds -4pc</b>
<b>Breakfast</b>	<b>Vegetable omelette -(2 eggs, veggies)</b>
<b>Brunch</b>	<b>Anar -1 + flax seeds -2tsp</b>
<b>Lunch</b>	<b>Dhaniya leaves mix roti + 1 bowl cabbage sabzi + curd -½ bowl + salad</b>
<b>Evening</b>	<b>Green tea -1 cup + ½ lemon + Peanuts -30g</b>
<b>Dinner</b>	<b>Rajma chaat -1 bowl</b>
<b>Post Dinner</b>	<b>1 cup green tea</b>



## THINGS TO REMEMBER

- **Drink 3-4 litres of water in a day.**
- **No need to fix time, But maintain approx 3 hrs gap in each meal.**
- **If you feel hungry , consume, makhana, green tea , salad, fruits, detox water, cooked vegetable, cooked dal,coconut water, lemon water,40g paneer.**
- **Change cooking oils after every 3 months, oils allow mustard oil,rice bran oil, olive oil, sunflower oil, safflower oil,sesame oil, groundnut oil etc**
- **Avoid consuming sugar, use stevia sugar free.**
- **Drink Green Tea-1 cup twice in a day after 1.5 hour of meal.**
- **Brisk walk 40 min daily.**
- **Recipe of detox water: - 1 litre water,add coriander leaves handful, half cucumber slices leave it for 5-6 hrs. Sieve and drink whenever required.**
- **Recipe of kalonji water: 1 glass water, add ½ tsp kalonji seeds, soak it overnight, boil in morning sieve and drink warm.**
- **Follow up is required after following this diet, feel free to discuss any issues in between.**



# DIET PLAN 1

Date	Early morning	Breakfast	Mid Morning	lunch	Mid Evening	Dinner	Bed time
	<b>Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp</b>	<b>Paneer sandwich-1 (veggies, brown bread,40g paneer,hung curd,salt, spices)</b>	<b>Kiwi -1 + sunflower seeds -2tsp</b>	<b>Spinach roti -2 + spinach raita -1 bowl + salad</b>	<b>Green tea -1 cup + ½ lemon + salted peanuts -20g</b>	<b>Black masoor dal &amp; gobhi mix -2 bowl +salad</b>	<b>(After 1.5 hr of dinner) Green tea -1 cup</b>

## DIET PLAN 2

Date	Early morning	Breakfast	Mid Morning	lunch	Mid Evening	Dinner	Bed time
	<b>Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp</b>	<b>Ragi chilla -2 + green chutney -1 tsp</b>	<b>guava-1 + sunflower seeds -2tsp</b>	<b>Vegetable pulao -1 bowl + chana dal -1 bowl + cucumber salad</b>	<b>Green tea -1 cup + ½ lemon + white sesame seeds -2tsp</b>	<b>Dhaniya leaves mix roti -1 + sarso leaves bhurji or saag -150g + salad</b>	<b>(After 1.5 hr of dinner) Green tea -1 cup</b>

## DIET PLAN 3

Date	Early morning	Breakfast	Mid Morning	lunch	Mid Evening	Dinner	Bed time
	<b>Overnight soaked kalonji (1tsp) water Warm -1 glass + soaked chia seeds -2tsp</b>	<b>Moong dal chilla -2 + green chutney</b>	<b>Orange -1+ sunflower seeds -2tsp</b>	<b>Spinach roti -2 + mooli sabzi -1 bowl + curd -100g + salad</b>	<b>Green tea -1 cup + ½ lemon + roasted chana -50g</b>	<b>Matar paneer sabzi -1 bowl + Spinach roti -1 + salad</b>	<b>(After 1.5 hr of dinner) Green tea -1 cup</b>

# Progress Report

<b>Initial Weight</b>	<b>98.4 kg</b>
<b>Week 1</b>	<b>96.8 kg</b>
<b>Week 2</b>	
<b>Week 3</b>	
<b>Week 4</b>	

# Sample Keto Plan





<b>Days</b>	<b>Early morning (empty stomach)</b>	<b>Meal 1 (10:30-11:00 am)</b>	<b>SNACKS (2:30pm)</b>	<b>Meal 2 (6:00-7:00 pm)</b>	<b>Bed time (after 1.5hr of dinner)</b>
<b>Monday</b>	Overnight soaked methi seeds water warm along with seeds	Almond flour roti -2 ( dhaniya stuffed) + ghee 1tsp + green chutney-2tsp + palak paneer -1 bowl + Black tey-2tsp + 3 spoon cream -1 cup	Green tea-1 cup + 2 tsp MCT Oil + roasted sesame seeds -2tsp Or Unsweetened Almond milk	<b>Mixed veg. Soup with cream + cucumber salad + Coconut flour cheela with coconut chutney</b>	<b>Cinnamon tea -1 cup (boil 1 inch cinnamon stick in 1 glass water, reduce it to ¾ glass)</b>

**Get your Diet chart today**  
***Click below***





There are around 33 lakh children in India that are Malnourished & half of them fall in severely Malnourished category.

**THERE ARE AROUND  
194 MILLION PEOPLE  
SUFFERING FROM  
UNDERNOURISHMENT IN INDIA AND  
38% OF CHILDREN  
ARE LESS THAN 5  
YEARS OF AGE.**



**IF YOU CAN'T FEED 100  
PEOPLE AT LEAST FEED  
ONE!**





Thank you 



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