



DIWALI HEALTH KIT

MAGICAL HEALTH

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On this Auspicious Festival, Magical Health
Wishes you a **HAPPY & PROSPEROUS DIWALI.**

On this occasion Magical Health decided to give
you a special gift which will not only help you
prosper you Wealth wise but a Magical health is the
upcoming year.

DIWALI HEALTH KIT:

This kit will help you stay Healthy during festival
without ruining you Healthy regime and cheat guilt
free on the big Day.

Here we start the regime:





PRE- PREPARE (On the day Of Diwali):

There are many speed bumps that keep coming during festivals which can increase your weight or spoil your good health.

I'm listing useful tips which needs to be done before the evening Diwali Party.

Pre preparations strategy will keep your health and weight in check. Here we start:

1. Eat every 2 hours- See to it that you are eating every 2 hours small meals on Diwali Day to stop overeating in Dinner time (Mostly Post Lakshmi Poojan).





Don't skip or starve from morning to compensate the evening heavy dinner. If you start or skip, there are 100% chances of you to binge on wrong foods.

2. Drink 3-4L of water per day, as most people get confused with the feeling of hunger and thirst. Therefore, drinking water will keep you away from overeating.

There is possibility that in the busy day, you might forget to drink water, so I would suggest you to keep an alarm every hour which reminds you to drink water.

3. Tank up- Fill your stomach at least half from healthy foods like fruits, milk, yogurt, nuts, veggies, paneer cubes before the evening heavy dinner. This will keep you controlled over wrong foods.





FOOD SUBSTITUTES

(at the time of dinner/ party):

Confused about what to select during Diwali Feast???

I've listed the list of foods that are usually prepared during the festival and the strategies which will help you stay on track:

STARTERS:

Tikki/ cutlets/ pakoda- If you are willing to eat starters then see to it that you take only half portion of it along with $\frac{1}{2}$ main meal.





Eg: 1 tikki with $\frac{1}{2}$ paratha + 1 bowl curd + veggies
or 3-4 pakoda + $\frac{1}{2}$ naan + raita + veggies or 1
ragda patti + 1 medium bowl pulav + chole/ dal +
veggies

Namkin/ sev- Do not exceed more than 2-3 tbsps
before the main course. If you have decided to
eat other starters then completely avoid
namkeen.

Chaat- Pani puri/ sev puri/ dahi puri if there,
then just have chaat as the main course. Choose
between the main course dinner like naan with
veggies or chaat. If you wish to eat both then
have only 1-2 pieces of Chaat and $\frac{1}{2}$ the main
course. Eg: 2 pieces of pani puri + $\frac{1}{2}$ paratha +
raita





Lassi/ milkshakes- They are the safest drinks. Of course, sugar has to be consumed in a limit, therefore, ask for salted lassi or add no sugar in these drinks as sweets are already waiting for you. If you have planned to avoid sweets and desserts, then you can easily consume sweet lassi/ milkshakes/ thandai/ masala milk

Jelgeera/ pani puri ka pani/ vegetable juices/ Herbs flavored juices- Safest drinks. You can always count them healthy.





**Sugary drinks/ Fruit juices/ Sherbats/
Cold drinks-** Completely avoid if you
have decided to eat sweets or desserts.
If you are avoiding sweets then have a
glass of it guilt free.





MAIN COURSE:

Puri Bhaji- 1 puri + paneer veg (if there, take more of paneer) or any other veg + yogurt

Naan- Prefer whole wheat options if possible. If there is no option, then have enough proteins and fibre along with naan like yogurt, raita, chole, rajma, dals, and salads

Parathas- This is the Best option, eat it but at the same time take care that you don't overeat. Prefer, some protein with it like paneer, yogurt





Rice- If pulav and plain rice is given option, then choose Pulav as it is loaded with veggies and good fat. Accompany it with proteins like dals, chole, yogurt.

Curries- Generally festival foods are loaded with oil, in that case, you can eliminate the oily curry and pick up the veggies or paneer or potato in it. If you have a little curry, there is no issue in that but see to it that eat it moderately. Have more of Dals, chole, rajmah, sambhar, and raita variety.





Raita- Again the safest option, stick to it. There is no limit required.

Veggies- Have more of paneer variety, this will add proteins to your food plus will stop you from overeating. Other veggies like mix veg, potatoes can be eaten in moderation but see to it that the oily gravy is not eaten too much.





DESSERTS:

Sweets/ desserts- Keep a gap of 1 hours post Lunch/Dinner. See to it that you eat it slow and relish every bite than binging on it.

Remember, if you had any sugary or fizzy drink before, then completely avoid sweets.

Kheer- Same as Sweets, eat post 1 hour lunch/ dinner





PARTY- BONKERS (LEARN TO SAY NO):

1- Appreciate food- The more you appreciate the food, the host will feel you have eaten really well.

2- Postpone- Keep saying, I had one, ill have it later, there is a possibility that the host might forget to force you to eat later. You can try that one!

3- Ask- If the host is really close to you then you should casually ask them to what's in the menu or probably you can ask them to keep some healthier option for you.





TIPS TO REMEMBER (During the Feat):

- 1- **Eat really slow.** This will take care of your portion unknowingly.
- 2- **Share food** in the same plate, if possible. No one will know how much you really had ;p
- 3- **If you crave for sugar, then take a smaller portion and eat really slow** to satisfy your taste buds. Or divert your mind over lighting the diyas, or helping the host.
- 4- **Be open to healthy eating.** Don't feel ashamed if you choose right food over wrong food.





5- Share your healthy meals with the other member, so that they won't feel left out.

6- Be open to say that you are going to eat only healthy, there is nothing wrong in it.

7- If anyone teases you for eating healthy, just wear a smile. Don't feel offended.

8- Have a carefree attitude. Be at ease

9- Let people look up to you when you are eating healthy so gracefully during festivals.

10- Feel proud of yourself that you have a good self control.





POST DIWALI REGIME:

- 1- **Don't skip meals** to compensate the previous day's cheating.
- 2- **If you skip meal, then you'll end up eating more in the next meal.** So eat right all the time.
- 3- **Don't feel guilty if you cheated.** It's okay to cheat at time. Cheat guilt-free.
- 4- **Over exercising the next day or 2 workouts instead of 1 won't give you any extra fat loss.** So just workout correct in the right time with the right intensity.





5- Say a complete NO NO to fasting the next day. It won't help you compensate the last night's meal.

6- The next day, eat frequent meals every 2 -3 hours, healthy and homemade meals. Workout only 45mins- 1hr with good intensity and drink enough water. That's it. Your job is done.





Wohoo, and you became the
hot Diva on this Diwali...

You cheated and no one
caught you ;)

Follow these instructions and
feel the difference.





HAVE A
MAGICAL
DIWALI

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