

NUTRIPOLITICS – METABOLIC RESET

(Fat Loss + Uric Acid Reduction + Blood Sugar Control)

GOAL

- Reduce uric acid (high priority)
 - Control blood sugar (no spikes)
 - Improve insulin sensitivity
 - Safe, steady fat loss
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MORNING ROUTINE (6:00 – 8:00 AM)

- 1) 2–3 glasses warm water
 - 2) **1 hour activity (mandatory)**
→ Gym or Walking or Yoga
 - 3) 15–20 min sunlight
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METABOLIC BOOSTER (8:30 – 9:00 AM)

(Choose one)

- **Jeera water** – ½ tsp jeera soak overnight in 1 glass water, morning strain and drink
 - **Cinnamon water** – small cinnamon stick boil in 1 glass water, cool and drink
 - **Amla water** – 20 ml amla juice + 1 glass water, mix and drink
 - **Lemon water** – ½ lemon juice in 1 glass water, mix and drink *(avoid if acidity)*
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MEAL 1 (10:00 – 11:00 AM)

Vegetable Salad (Compulsory)

- 150–200 g steamed
- (Carrot, Beans, Sorakaya, Beerakaya, Cucumber)

Carbohydrates (Choose One)

- 2 Small millet idli
- OR Oats – 25–30 g
- OR Brown rice / Millet rice – 80–100 g

Protein (Choose One)

- Eggs – 2 whole + 1 white
- OR Tofu – 120–150 g
- OR Paneer – 80 g *(only once/day)*

Add-on

- ½ cup curd

MID SUPPORT (1:00 PM)

- Buttermilk – 150–200 ml
 - **OR** 5–6 soaked almonds
 - **OR** Lemon water – squeeze ½ lemon in 1 glass water, mix and drink (*avoid if acidity*)
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LUNCH (2:30 – 3:00 PM)

Vegetable Salad

- 150–200 g

Carbohydrates (Choose One)

- Brown rice / Millet rice – 80–100 g
- OR 1 Roti

Protein (Choose One)

- Eggs – 2 whole + 1 white
- OR Tofu – 120–150 g
- OR Paneer – 80 g (*if not used in Meal1*)
- Moong dal – 50–60 g (*alternate days only*)

Vegetable Curry

- 150 g (use max 1 tsp oil)

EATING ORDER – LUNCH

1. Start with vegetable salad (70–80%)
 2. Wait 3–5 minutes
 3. Eat protein (eggs / tofu / paneer / dal)
 4. Finish carbs along with curry slowly
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REFRESHMENT (4:30 – 5:00 PM)

Fruits (Optional – Choose One)

- Apple – ½ (80–100 g) + 2 Almonds + 1 Walnut
- OR Guava – 1 small (80–100 g) + 2 Almonds + 1 Walnut
- OR Papaya – 80–100 g + 2 Almonds + 1 Walnut
- OR Orange – 1 small (100 g max) + 2 Almonds + 1 Walnut

Herbal Tea (Recommended)

- Cinnamon tea / Green tea / Ginger tea

Optional (Better Option if sugar high)

- Whey Isolate – ½ scoop in 250–300 ml water

Prefer whey instead of fruit if sugar is high

DINNER (6:30 – 7:00 PM)

Vegetable Salad

- 100–150 g

Leafy Vegetable Curry

- Palak / Methi – 100 g (use max 1 tsp oil)

Carbohydrates

- 1 small millet roti

Protein (Choose One)

- Eggs – 2 whole + 1 white
- OR Tofu – 120–150 g

Nuts

- 2 Almonds + 1 Walnut

EATING ORDER – DINNER

1. Start with vegetable salad (light quantity)
2. Eat protein (eggs / tofu)
3. Finish carbs along with leafy vegetable curry (mix and eat slowly)

- **No heavy carbs**
 - **No dal / chickpeas**
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BEFORE BED (Optional)

- Buttermilk (jeera) – 150 ml
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CRITICAL PRECAUTIONS (VERY IMPORTANT)

- Water: **4 Liters/day compulsory**
- No crash dieting
- No long fasting
- Avoid high protein excess
- Maintain steady fat loss
- Never skip meals

- Do not eat fruits alone
- Control portion strictly
- Monitor sugars regularly

PROTEIN RULES

- Rotate protein sources daily: **Eggs / Tofu / Whey**
- Do not repeat the same protein in all meals
- Paneer: **max 1 meal per day**
- Whey isolate: **½ scoop per day in water only**

STRICTLY AVOID

- Organ meats
- Red meat
- Sardines, shellfish
- Alcohol
- Sugar, sweets
- Cool drinks / juices
- Bakery items
- Deep fried foods

LIMIT

- Chicken – max 2 times/week
- Fish – 1–2 times/week
- Pulses – limited

URIC ACID + BLOOD SUGAR CONTROL – MASTER TABLE

ALLOWED (Daily Use)	LIMIT (Occasional)	NOT ALLOWED (Avoid)
Water (3.5–4L/day)	Coconut water (controlled)	Alcohol
Lemon water, Amla water	Coffee/Tea (1–2 cups)	Cool drinks, Packaged juices
Buttermilk, Curd	Flavoured yogurt (rare)	Energy drinks
Eggs	Chicken (2x/week)	Organ meats (liver, kidney)
Tofu	Fish (1–2x/week)	Red meat
Whey isolate (½ scoop)	Paneer (1x/day)	Sardines, shellfish
Moong dal (light)	Other dals (limited)	Excess protein intake
Sorakaya (Bottle gourd)	Potato (small qty)	Deep fried vegetables
Beerakaya (Ridge gourd)	Beetroot	French fries
Pumpkin	Sweet potato	Chips, fried snacks

ALLOWED (Daily Use)	LIMIT (Occasional)	NOT ALLOWED (Avoid)
Carrot, Beans	Corn, peas	Heavy oily curries
Cabbage, Cucumber	Capsicum, onion	Restaurant gravies
Leafy greens (Palak, Methi)	Tomato (moderate)	High-oil masala curries
Apple	Watermelon (small qty)	Mango
Guava	Pineapple (small)	Banana
Papaya	Sapota (small, rare)	Grapes
Orange / Mosambi	Pomegranate (small)	Fruit juices
Millet rice, Brown rice	White rice (small qty)	Maida (refined flour)
Oats	Poha (limited)	Bakery items
Millet roti, Idli	Upma (limited)	White bread, pasta
Almonds, Walnuts	Ghee (small qty)	Deep fried foods
Flaxseeds (small)	Butter (rare)	Packaged snacks