

<i>Meal</i>	<i>Meal timing</i>	<i>Food option</i>
<b>Meal 1</b>	<i>Within 15 min after waking up</i>	<i>Soaked nuts or Seasonal fruit or Dried fruit/</i>
<b>Meal 2</b>	Breakfast, <i>Within 60 -90 min of meal 1</i>	<i>Homemade breakfast + ghee Oats, poha, khichdi, etc</i>
<b>Meal 3</b>	<i>Within 2 to 3 hours of breakfast</i>	<i>Nuts or a drink coconut water</i>
<b>Meal 4</b>	Lunch, <i>Within 2 to 3 of meal 3</i>	<i>Rice/roti + vegetable, meat + dahi or pickle + ghee</i>
<b>Meal 5</b>	<i>Within 2-3 of lunch</i>	Buttermilk or seasonal sherbet
<b>Meal 6</b>	<i>Evening time, 4-6 pm</i>	<i>Leal similar to breakfast or portion of your lunch</i>
<b>Meal 7</b>	Dinner, <i>2 to 3 hours before hitting the bed</i>	<i>Rice or millets meal + ghee</i>
<b>Meal 8</b>	<i>If hungry at bedtime</i>	<i>Milk with cashews or gulkand or chyavanprash</i>