Welcome to Amira’s Healthy Hub

India’s First 3 bowl method

FREE 3 days weight loss diet

Are you Ready?

For individuals in the 55 to 80kg Weight range,
the recommended portion sizes

WEIGHT	BIG BOWL	SMALL BOWL	MINI BOWL	Calories/day
55 to 60KG	From 120gm to 140gm	70gm to 85gm	35gm to 45gm	2200-2400 kcal
60 to 70KG	From 140gm to 160gm	85gm to 100gm	45gm to 55gm	2400- 2700kcal
70 to 80KG	From 160gm to 180gm	100gm to 120gm	55gm to 70gm	2600- 3000kcal

"This diet is not for diabetics, people with high or low Blood pressure, pregnant women, Adults above 45 years, or children below 13 years And those who are fasting"

INDIA'S FIRST THE 3 BOWL METHOD BY DIETITIAN AMIRA (Balanced diet)

Tips: DRINK 1 small GLASS OF HOT/NORMAL WATER 5MINS BEFORE THE MEAL TO PREVENT CRAVINGS



Vegetarian

Meal / Day	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING	DINNER	BEDTIME
DAY 1	**1cup of hot Cumin seeds water strain and drink**	**(1bowl) of Green gram dhal dosa + (Small bowl)any fruit salad + Chatney or sambar (mini)**	**Apple juice without milk and sugar**	**1bowl of Brown rice+ small bowl Sambar+ chocho kootu or beans poriyal (mini)**	**1red banana**	**2medium chapatis+ small bowl of kondakadala gravy+ vendaka fry (mini) with less oil**	Hot cinnamon water
DAY 2	Detox water without ginger	**1bowl of Oats with 50ml of milk + small bowl of papaya or banana + soaked 5almonds (mini)**	**Mosambi juice or any seasonal fruit juice with honey**	**2medium Chapatis + Small bowl Murungakkai keerai+ sambar (mini)**	**100ml any keerai soup added with veg +pepper& indhu uppo (iodixed salt)**	Medium Dosa + small bowl of peans and potato gravy+ corn soup mini	**Hot Pudina Water**
DAY 3	**1cup of lemon honey water**	**Normal dosa + Small bowl of Red tomato chatney or pudhina green leaves mixed chatney + half apple (mini)**	**100ml of Butter milk**	**1bowl of thinai aarisi +Small bowl of kadanja keerai + Sorakkai kootu mini**	**Boiled broccoli or boiled paccha payiru salad added with boiled nuts add a pinch of indhu uppu (iodixed salt)**	**1medium paneer rotiroll+ small bowl Kidney bean gravy+ Papaya (Mini bowl)**	1cup of turmeric milk

ALL THE BEST

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NON-Vegetarian

Meal / Day	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING	DINNER	BEDTIME
DAY 1	1cup of hot Cumin seeds water strain and drink	(1bowl) of Green gram dhal dosa + (Small bowl of + Chatney or sambar + Boiled egg White (mini)	Apple juice without milk and sugar	1bowl of Brown rice+ small bowl Sambar+ chocho kootu or 1slice of fish (mini)	1red banana	2medium chapatis+ small bowl of kondakadala gravy+ vendaka fry (mini) with less oil	Hot cinnamon water
DAY 2	Detox water without ginger	1bowl of Oats with 50ml of milk + small bowl of papaya or banana + soaked 5almonds and Dates 2 and 2 walnuts (mini)	Mosambi juice or any seasonal fruit juice with honey	2medium Chapatis + Small bowl Murungakkai keerai+ sambar (mini)	100ml any keerai soup added with veg +pepper& indhu uppo (iodixed salt)	Medium Dosa + small bowl of peans and potato gravy+ corn soup mini	Hot Pudina Water
DAY 3	1cup of lemon honey water	Normal dosa + Small bowl of Red tomato chatney or pudhina green leaves mixed chatney + half apple (mini)	100ml of Butter milk	1bowl of thinai aarisi +Small bowl of kadanja keerai + Sorakkai kootu mini or 1 omlet with or without the egg yolk	Boiled broccoli or boiled paccha payiru salad added with boiled nuts add a pinch of indhu uppu (iodixed salt)	1medium paneer roti roll+ small bowl Chicken gravy with 1 small piece of chicken(not more than a piece pls) + Papaya mini bowl	1cup of turmeric milk

ALL THE BEST

Avoid

X Plastic bowls

X Plastic water cans

X Maida

X Microwave oven foods

X Sweet & chocolates

X Potato chips/ Pani puri

X Dry fish

X Bitter gourd (pavakkai)

X Agathi keerai

X Caffeine

Tea lovers, during these 3days you can have tea, but please avoid coffee.

"Drink Atleast 2 to 3 liters of water per day"

Important Notice

"Please check your weight before starting the diet.

During these 3 days, if you feel weak or crave other foods, **don't hesitate** to eat.
Just make sure you don't forget the pattern you followed in this 3-day challenge."

Thank you

By Dietitian Amira
DDHN, CCN, CUPPING, LAW OF ATTRACTION HEALER