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to love the body. If it's used for anything else, or if it's abused, it stops working.

The good part about Aditi's diet recall is that she follows principle 4 and has an early dinner. But on days that she places more demands on her body and mind, like staying up if her son is sick, or exercises, she needs to up her daily intake of food.

Aditi can make the following changes to her diet based on what we have learned in the book:

Meal 1 (7 am): 1 Banana (easy to eat and won't take time away from cooking for the son)

Meal 2 (8-8.30 am): 2 egg white omelette with 2 slices of wholewheat bread (can be eaten at home or carried to work in case she's short on time)

Meal 3 (10-10.30 am): a handful of peanuts (can be stored in office)

Meal 4 (12.30-1 pm): veggie sandwich or idli/dosa or carry snack that has been cooked for son

Meal 5 (3-3.30 pm): bowl of curd or fruit yogurt (can be stored at work)

Meal 6 (5-5.30 pm): soy milk or skim milk

Meal 7 (7 pm): 2 chapatis or parathas and sabzi (the way Aditi makes them—thin)

Meal 8: glass of skim milk with elaichi (if up till late or active)

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