

5 days for a grade 1 liver

 The liver stores the sugar you do not burn as fat, inside itself. Grade 1 means it has started. It also means it can go back. Five days to set the plate, six months to keep it.

RUCHI GURNANI

Read this first

Fatty liver is not a drinker's disease in India. Most of the people I see with it have never touched alcohol. It comes from **sugar, maida and juice**, and from the gap between what you eat and what you burn.

Nothing here is a fast. You will eat three full meals every day. What changes is what is on the plate.

Each day adds one thing. Keep the earlier days going as you add the next.

THE ONE RULE

Sugar in drinks is the first thing to go and the last thing to come back. If you keep one page, keep Day 2.

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1

READ YOUR REPORT

THREE LINES

Find the **fatty liver grade** on the ultrasound, **SGPT** (also written ALT) and **triglycerides** on the blood test. Write all three with the date.

WHAT IT MEANS

Grade 1 with a normal SGPT: the plate alone fixes it. Grade 2, or SGPT above 50: the same plate, plus a doctor who follows it up.

THE SCALE

Weigh yourself this morning and write it. **Five percent** of that number is the six-month target. 70 kg means 3.5 kg. Not more, not faster.

KEEP THIS PAGE

These four numbers go with you to the six-month scan. That is how you will know it worked.

2

THE SUGAR DAY

**CHAI,
COFFEE**

They stay. The sugar in them goes.
Half a spoon this week, none next week. The tongue adjusts in ten days.

OUT

Cold drink, packet juice, fresh juice, sweet lassi, sharbat, energy drink. All of them. Juice hits the liver faster than the fruit ever could.

IN

Chaas, nimbu pani without sugar, coconut water, plain water. Chaas with lunch every day.

SWEETS

Sunday only. One piece, sitting down, after a meal. Not from the fridge at 11 pm.

3

THE MAIDA DAY

- OUT** Bread, biscuits, rusk, naan, bhatura, noodles, pizza base. Maida is sugar in a slower coat.
- IN** Roti, poha, dalia, besan chilla, idli, upma. Whatever your kitchen already makes.
- BREAKFAST** Always has a protein: **eggs, paneer, sprouts, dahi or a chilla**. Toast and jam is sugar twice before 9 am.
- RICE** Rice is fine. One katori, with dal and sabzi on the same plate, never alone.

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THE FAT DAY

The problem was never the ghee. In trials, a plate with good fat cleared more liver fat than a low-fat plate did.

STAY **Ghee and mustard oil**, one spoon per meal. Cooked into the food, not poured on top.

GO Refined oil packets, namkeen, chips, anything fried outside the house.

4 PM A fistful of **peanuts, almonds or walnuts** in place of biscuits. One fistful, then the jar goes back.

TWICE A WEEK Fish, if you eat it. If not, a spoon of ground **flaxseed** on the dahi.

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THE PLATE

LUNCH, DINNER

One katori **dal or chana**, one katori **sabzi**, two rotis or one katori rice, salad, dahi. Same shape both meals.

DINNER TIME

Three hours before bed. The liver clears fat while you sleep, not while you digest.

MID- MORNING

Black coffee, if you drink coffee. No sugar, no cream.

SIX MONTHS

Scan and SGPT again. Take the Day 1 numbers to that appointment.

FOR LIFE

Day 2 and Day 5. No sugar in drinks, the same plate at both meals. That is the whole plan.

RUCHI GURNANI · NUTRITIONIST

The liver is one part. Your plan is the rest.



I write that plan for you. Your reports, your routine, what you actually eat. Three plans of ten days each, so it changes as you change.

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