

RUCHI GURNANI · NUTRITIONIST

7 sweet fixes for the moment the craving hits

 What I tell clients to eat at 4 pm, after lunch, after dinner and late at night. Indian kitchen, five minutes or less.

Swipe 👉

RUCHI GURNANI

Read this first

A craving is a moment, not a weakness. Each fix here is matched to the time it usually hits.

Don't fight it. Replace it.

Eat it **sitting down**, from a **katori or a plate**.
Never straight from the packet or the box.

Gur and khajoor are still sugar. That is why every portion here is small. **One portion, then close the box.**

THE ONE RULE

Craving every single evening? Check your lunch first. Recipe 7 shows you how.

@nutritionistruchigurnani

1

4 PM · BANANA COCOA ICE CREAM

YOU NEED 1 ripe **banana**, 1 teaspoon unsweetened **cocoa**, 2 tablespoons **milk**.

MAKE IT Peel and slice the banana. Freeze the slices in a box for 4 hours or overnight. Blend with the cocoa and milk until it looks like soft-serve. Eat it straight away. It melts fast.

AHEAD On Sunday, slice and freeze five bananas. The whole week is covered.

2

AFTER LUNCH · STUFFED KHAJOOR

YOU NEED 1 **khajoor**, half a **walnut**, a pinch of **dalchini** if you like.

MAKE IT Slit the khajoor, take out the seed, press the walnut in. Dust with dalchini.
One. Then close the box.

3

TEA TIME · GUR CHANA

YOU NEED 1 cup **roasted chana**, 2 tablespoons grated **gur**, 1 teaspoon **ghee**, 1 teaspoon water.

MAKE IT Melt the gur with the ghee and water on low heat until it bubbles, about 2 minutes. Switch off. Toss the chana in fast until coated. Spread on a plate to cool.

Keeps a week in an airtight jar.

PORTION One small fistful in a katori. The jar goes back on the shelf.

4

AFTER DINNER · PAPAYA CURD BOWL

YOU NEED 1 cup chilled **papaya** cubes, half a cup thick **curd**, a pinch of **elaichi** powder.

MAKE IT Mix and eat cold. Add four chopped almonds for crunch.

Cut the papaya in the morning and keep it in the fridge.

5

LATE NIGHT · ELAICHI MILK

YOU NEED 1 cup **milk**, 2 crushed **elaichi**, a pinch of **jaiphal** if you like.

MAKE IT Simmer for 3 minutes. Strain into a small cup. No sugar.

Sip it slowly, like kheer, not like water.

6

CHOCOLATE · THE TWO-SQUARE RULE

YOU NEED **Dark chocolate**, 70 percent or more on the label.

DO THIS Break off two squares. Put the bar back in the fridge **before** the first bite.

Want more? Melt the two squares and dip six strawberries or orange segments.

7

EVERY EVENING · THE LUNCH THAT STOPS IT

Craving at the same time every evening? Look at your lunch before you look at the sweets. Build this plate:

PLATE 1 katori **dal** or chana, 1 katori **sabzi**, 2 rotis or 1 katori rice, a bowl of **curd**, salad.

IF RUSHED Roti and sabzi only? **Add the dal.** That is the part that carries you to dinner.

KEEP READY

Frozen banana slices. A jar of gur chana. Khajoor and walnuts. Papaya in the fridge. Dark chocolate in the fridge, not the drawer.

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Cravings are 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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