

RUCHI GURNANI · NUTRITIONIST

My Shraadh thali plan



Fifteen days of kheer, puri and remembering. How to eat every Shraadh meal with respect, and still feel light when Navratri begins.

Swipe 👉

Read this first

Shraadh food is cooked as an offering. Nothing here asks you to refuse it. The feast is one meal. The plan is everything around it, so the feast is the only heavy thing in your day.

Every family follows its own rules. Some skip onion and garlic, some also skip chana, masoor, brinjal or certain spices. Follow your family. Every swap in this guide fits inside those rules.

ONE SAFETY RULE

If you take sugar or BP medicines, do not skip meals to "save space" for the feast. Eat small and on time. Check any fast with your doctor first.

1

THE FEAST LUNCH

- FIRST** Start with the sabzi and dal before the puri. Kaddu, lauki or arbi sabzi is the lightest thing on the thali. Take a big helping.
- PURI** Two puris, then change to rice or roti for the rest of the meal. The third and fourth puri are where the heaviness comes from.
- KHEER** One small katori, at the end of the meal. Not a second bowl at 5 pm.
- WITH IT** A glass of chaas or a katori of dahi on the side. Water after the meal, not a cold drink.

AFTER

Ten minutes of slow walking once you get up. Round the colony, or up and down the terrace.

2

BREAKFAST ON SHRAADH DAYS

**KEEP IT
SMALL**

The feast is coming. Breakfast should hold you, not fill you.

OPTION 1

A katori of dahi with a fruit and a few almonds.

OPTION 2

Moong dal chilla with green chutney, no onion. One or two.

OPTION 3

Paneer bhurji with tomato and dhania, no onion, with one roti.

OPTION 4

A glass of warm milk with a few soaked almonds and one fruit.

SKIP

Parathas and puri at breakfast on a feast day. That is two heavy meals before evening.

3

DINNER AFTER A FEAST

SMALL AND WARM

You ate the big meal at lunch. Dinner is a light bowl, early.

OPTION 1

Moong dal khichdi with a katori of dahi.

OPTION 2

Lauki or kaddu sabzi with one roti.

OPTION 3

A bowl of lauki or kaddu soup with a small paneer tikka.

TIME

Finish dinner at least two to three hours before bed.

NOT HUNGRY?

Then a glass of warm milk or chaas is enough. Skipping a heavy dinner after a feast is fine.

4

PROTEIN WITHOUT ONION, CHANA OR MEAT

WHY IT DROPS

For fifteen days many homes stop eggs, meat, chana and masoor. Protein falls quietly and you feel hungrier and weaker.

DAIRY

Dahi, paneer, chaas and milk. One of these at every meal.

DALS

Moong and urad dal, if your family allows them. Urad vada and urad dal are part of many Shraadh meals already.

SNACKS

Roasted makhana, a handful of peanuts, or til laddoo in a small piece.

THE CHECK

Look at each meal. If there is no dahi, paneer, milk or dal on the plate, add one.

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THREE INVITES IN ONE WEEK

- AT THEIR HOME** Eat what is served, with respect. Take a smaller first serving, and say no to the second helping kindly.
- THAT DAY** Breakfast light, dinner light. Treat their lunch as your feast.
- TWO IN ONE DAY** Eat the prasad at the second home, not a second full thali.
- CARRY** Water. Long pujas and late lunches mean people forget to drink.

NEXT DAY

A plain day: dal, sabzi, roti, dahi. No make-up fasting.

6

OIL, SUGAR AND THE KITCHEN

- OIL** Fry the puris and pakoras in fresh oil each day. Do not reuse frying oil more than two or three times. Dark, thick oil that smokes early should be thrown out.
- KHEER** Make it with less sugar than the recipe says. Nobody notices a little less.
- GUR** Gur and shakkar are still sugar. They do not make the kheer light.
- LEFTOVERS** Leftover puris make tomorrow's breakfast heavy. Cook a little less, or share them the same day.

7

FROM SHRAADH TO NAVRATRI

- THE DATES** Shraadh ends with Sarva Pitru Amavasya on 10 October 2026. Navratri begins on 11 October.
- THE GAP** Many people go straight from fifteen days of feasts into nine days of fasting food. Sabudana, aloo and kuttu puri are heavy too.
- PLAN** Keep the last Shraadh days simple: dal, sabzi, roti, dahi. Start Navratri light, not already heavy.
- WATCH** My Navratri plan is coming before the first day. Follow so you see it.

FOR LIFE

One feast meal a day, light meals around it, protein at every meal, a walk after eating. That works for every festival.

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



I write that plan for you. Your reports, your routine, your family's food. Three plans of ten days each, so it changes as you change.

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