

EAT and NOT EAT



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Chapter 1

DO IT YOURSELF, NO ONE ELSE WILL DO IT FOR YOU

3 years since my marriage my Elder Sister decided to visit us in Delhi from USA.

I was all happy and had already made the plans to make her stay memorable and comfortable and on the other hand, I always feel excited for her to visit India as she brings lots of clothes and other things for us from the USA.

This time she was loaded with three big VIP luggage for My husband, daughter and media could not wait for her to unpack the stuff she bought for us as I already knew that she has bought many pieces for me.

After a day of relaxation finally, she started unpacking our gifts.

For my daughter, there were beautiful dresses from CARTER, a digital book with all the necessary things to learn, a sipper, and many more...

For my husband, it was LEVIS's shoes, a laptop bag, and GOOGLE home.

Next was my turn to try my clothes.

As soon as she removed the bundle of clothes which were all tied in a cloth rope I snatched and started opening.

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All were beautiful to look at, the white embroidered top, skirt, dress and Jeans.

But, my smile faded away when I opened the jeans to try. It was size XXL and I am unable to fit into it.

I was told by my sister that sorry, but she could not find a size bigger than this.

I was upset and sad by looking at the size, but I could not do anything about that.

Next, I wanted to try the dress to make myself a little happy but again I am unable to fit into it.

One by one I tried all the clothes some were like fixed and some I am unable to get into.

Tears rolled from my eyes and my husband noticed the same, he understood but do not want me to give up saying that I am not artifact his words that you are beautiful but just wait for some time gave me a boost to keep that dress as my goal.

This was my first Goal to get into that dress which I cannot afford by any chance to give to someone, rather decided to wear one day!!

Followed by a weekly plan without IF'S and But's because I have the only option which is faith in her diet plan.

One week passed and then it was my next appointment.

I got a reminder message from PRACTO about my appointment scheduled at 12.

After my recommended breakfast I quickly took an auto and went to her clinic.

After again waiting for 15–20 minutes I was asked to weigh myself.

Chapter 1

My blood started flowing faster than ever, my heartbeat was above normal and there was again a fear in my mind.

My last week plan was:

BREAKFAST – SANDWICH (CUCUMBER)
MID MEAL – BANANA
LUNCH – 2 CHAPATIS + 1 K SABJI + SALAD + CURD
EVENING – SANDWICH
DINNER – SABJI

I started recalling if I had followed it. The diet plan had so much of eating.

Have I really lost or gained?

This was more than what I normally eat.

I did not cheat!! still was worried.

I closed my eyes and stood on the machine.

79.4!!!!

OMG!!

YES, I made it.

That feeling was just like I had passed an IIT Or IIM exam.

I could not explain in words the feeling I had. It was so relaxing and in my mind, I started thanking God for helping me do it.

I went inside the cabin and I do not remember how many times I thanked Nidhi for this.

But she made me relaxed and told that we are still far from our goal.

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In fact very far.

So, I must follow the Plan without giving a second thought to it and she quickly made my next week's plan.

Somewhere in my mind, I decided that no matter what, but I will not give up.

I will not miss a single day.

I will not skip my visit to her clinic because this made me follow last week's plan.

The fear of standing on a weighing machine made me do it.

When she was writing my plan, I had so many questions in my mind.

How is it possible for her to write a different plan for different people?

How did she decide what to eat and what not to eat?

What if we do not lose and gain?

But, I have experience.

Do everyone who comes to your clinic lose weight?

I questioned.

NO, it is only 40 out of 100 who loose.

Rest all do not follow and complain.

I started taking my selfies, sharing with my friends and family.

Got so many comments like I am proud of you!!

Looking awesome.

Good going.

But, again Gunjan asked a promise to only share the pic once I reach 75 and she will wait for it.

Chapter 1

All in excitement I followed my next week diet plan with 100 effort a no binging on fast food or not allowed list items I lost another 2 kgs.

Now I am on 77.8 kgs week-2.

So, if I am going to follow the same 100% I could easily lose 5 kgs in one month.

I calculated and stared following my next and then last week plan.

But as I have heard earlier that it's the water weight initially which you lose!!

Then?

What Next??

The question made me think more and more.

Should I take another month's Plan?

What if I only pay and would not follow?

What if only one month your dietician takes you seriously and then no results?

Should this 5 kgs enough?

With all these queries I decide to discuss it with my husband, and finally got an answer to try for one more month.

So now no matter what I will take another month's plan!!!!



Chapter 2

“YOUR TIME IS LIMITED, SO DON’T WASTE IT LIVING
SOMEONE ELSE’S LIFE.”

STEVE JOBS

August 2018

WEIGHT 75.8 KGS!!

So, let’s try the dress my sister bought!

YES!

I can get into it.

Yes, Kanika!

You reached your goal.

But!! do not stop.

Now next what?

What should another Goal?

It’s always better to keep a short goal for yourself.

The big goal was far but to reach the big one you need to take
small steps and this short dress goal worked for me.

Next Goal!!

Yes!! The big day!!!

Chapter 2

My daughter FIRST BIRTHDAY!!

And I have only one month left for it.

I do not want to look fat.

I want to dress beautifully.

I want to look young and energetic mom!!

Today is 6th August and I have only and only one month left for them.

I don't want to buy a dress before I reach 70 kgs, i.e. again 5 kgs more to lose and I will be on my pre-pregnancy weight.

I have decided to wear a series I want to look slim and young.

I shared my goal with Nidhi and she very well understood it.

Gave me a rufous plan and strict diet to follow.

Diet was little hard but not impossible.

If you want something you have to sacrifice for it and that is very important.

This is the best thing I like about Nidhi that she understands you but at the same time she will be a little hard on you and that is important for her and her clients both.

She customizes the diets according to the target and yes of course she teaches you the recipes as well.

This time she introduced the *tadka dahi* in my diet plan which has become my favorite of all.

Wow-what a recipe, it tastes so good which goes like this.

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TADKA DAHI

Dahi with all the roasted vegetable

+

Roasted oats

+

Rai tadka

It tastes so good that I can have it in Lunch and dinner both.

After following a week, I was able to lose somewhere around 800 kgs.

So, this time as my target was big with less time so she suggested a KETO diet.

I have had read earlier and seen the videos but never followed it.

I do not know if that will work or not, but Nidhi was so sure about it that for three consecutive months she kept me on KETO.

SO Now I do not have to visit her for three weeks but follow the same KETO diet.

KETO does not allow you to have a milk team but adds more cheeses and butter to your diet.

Isn't it too shocking and hard to digest than butter and cheese can be so effective in making you lose weight?

We have only read that they are weight gaining agents.

But anyway, as I always follow my diet without cheat I did that.

Two weeks passed, though I got bored and not having the milk team was a little harder, but I must do it only for myself.

So finally following KETO for three weeks the result was awesome.

Chapter 2

I lost 5 kgs!!!

Now I was on 70 kgs!!!

I reached my Goal.

Day came when guests started coming.

All relatives came, and everyone was shocked to see my transformation.

I started speaking about my experience.

I started getting questions as to how I did it.

Motivated so many people and then decided to make a healthy life of people living around the media decided to change the mindset of people around and remove the myth that weight is hereditary and it's not possible to lose all without exercise as I will do it.

By now I have already lost 15 kgs and more 10 kgs I must loosen.

I will make sure that my family and friends are living a healthy lifestyle and as charity began at home so my sister in law and mother in law started the same.

Being thyroid patience my sister in law lost weight and so is my mother in law.

We started eating things like brown bread, oats, broccoli, cucumber, variety of salads which we earlier never used to bring.

It is now becoming a routine to have dinner before 8.

I have thought that the family who is so fond of eating and eating will start living a healthy lifestyle and more than that we became smarter and more energetic.

My mother in law now feels high in energy, lightweight and has control over her sugar.

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I decided not to give up but rather do it more to make myself an example that anything is possible if you have a correct mindset to do it.

You can observe from my entire journey that there has always been a goal smaller big and different. Apart from my individual goal, this has become the next important goal to motivate people to lose in and around.

Your subconscious mind makes you work what you feed into it daily. If 10 minutes in a day you can take out and tell your mind that you must reach the target, then automatically your actions will follow that, and you will get all the possible ways to do it.

Likewise, I did, everyday week weighing machine tells me not to cheat and follow the diet and my control over myself became stronger.

Whenever you go for a weight loss you became used to it and your craving for food dies.

Now I no more think about having Samos's at home or my office parties. I keep myself away from fried food and rather choose to have salads or sandwiches.

I have understood by now that sugars only add kilo's in your weight and they have nothing more than that. They do not add energy to your body either make you look good. They only taste sweet and everything else is just a sour about sugars.

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