



WOW Guidelines

1) Yoga Breathing exercises:

<https://youtu.be/3l82lquG5tQ>

2) Recipe Video Links

IMWOW RECIPES		
S. No.	Video title	Links
1	Kadha Recipe	https://www.youtube.com/watch?v=ght2D2YhJ2Q
2	Upma Recipe	https://www.youtube.com/watch?v=s_4TQk5uSNI
3	Moong Dal Tikki Recipe	https://www.youtube.com/watch?v=Wg9J8q3KCNI
4	Paneer Cutlet Recipe	https://www.youtube.com/watch?v=1KZDuWGMeg8
5	Soya Kathi Roll Recipe	https://www.youtube.com/watch?v=XcD3NuTlfi4
6	Nutty Apple Smoothie Recipe	https://www.youtube.com/watch?v=c2v6NTY5POU
7	Curd Rice Recipe	https://www.youtube.com/watch?v=zLXrBG-Pqo0
8	Paneer Cutlet Recipe	https://www.youtube.com/watch?v=1KZDuWGMeg8
9	Coffee Walnut Cake	https://www.youtube.com/watch?v=zKF4PPIDwp8
10	Lentin Soup Recipe	https://www.youtube.com/watch?v=zXnedla2xs8
11	Minestrone Soup Recipe	https://www.youtube.com/watch?v=GpXOHhUPP_Q
12	Chatpata Chana Chat Recipe	https://www.youtube.com/watch?v=3jOFpF4h4So
13	Cauliflower Rice Recipe	https://www.youtube.com/watch?v=IRhOBgiLocQ
14	Palak Kadhi Recipe	https://www.youtube.com/watch?v=MP8qBLxJZQw
15	Chickpea Salad Recipe	https://www.youtube.com/watch?v=yLBZTeL-UH8
16	Masala Khichdi Recipe	https://www.youtube.com/watch?v=9aYaoYqjxM4
17	Paneer Wrap Recipe	https://www.youtube.com/watch?v=Opc3O_bGrgI
18	Coleslaw Salad Recipe	https://www.youtube.com/watch?v=vGHJcfCydGM
19	Vegetable Vermicelli Recipe	https://www.youtube.com/watch?v=LkwXZ37XruM
20	Corn Chaat Recipes	https://www.youtube.com/watch?v=iQ871zHYaB8
21	Beetroot Paratha Recipe	https://www.youtube.com/watch?v=qXESfJcAExE
22	Hung Curd Sandwich Recipe	https://www.youtube.com/watch?v=hUOq47fubOg
23	Rajma Parantha Recipe	https://www.youtube.com/watch?v=cpCLjwZWGbK

24	Rajma Cutlet Recipe	https://www.youtube.com/watch?v=IVA5KvoGgCY
25	Oats Poha Recipe	https://www.youtube.com/watch?v=XstSa_QEL8o
26	Channa Dal Lauki Recipe	https://www.youtube.com/watch?v=sWHpC34F2XQ
27	Paneer Parantha Recipe	https://www.youtube.com/watch?v=LTAy4bTc7tM
28	Vegetable Rawa Macaroni Recipe	https://www.youtube.com/watch?v=NhuKDUfnt0U
29	Soya Tikki Recipe	https://www.youtube.com/watch?v=5eR-L3yYOp0
30	Stir Fried Veggies	https://www.youtube.com/watch?v=XjL1jMX9u00
31	Grilled Chicken Salad Recipe	https://www.youtube.com/watch?v=buj4l3gESnU
32	Missi Roti Recipe	https://www.youtube.com/watch?v=OW3qzSec_7E
33	Paper Dosa Recipe	https://www.youtube.com/watch?v=zXYj0H43N0Q
34	Sabudana Dosa Recipe	https://www.youtube.com/watch?v=vrtVHpXX_cQ
35	Sweet Potato Chaat Recipe	https://www.youtube.com/watch?v=1jiCXvWlGfW
36	Mix Veg Uttapam Recipe	https://www.youtube.com/watch?v=3pGE3iHhcbk
37	Hara Bhara Kabab Recipe	https://www.youtube.com/watch?v=kGgk4Bslws
38	Cheese Chilli Toast Recipe	https://www.youtube.com/watch?v=UYRdbYt9ujw
39	Spinach Omelette Recipe	https://www.youtube.com/watch?v=0EM8Ypu6TUs
40	Dal Palak Khichdi	https://www.youtube.com/watch?v=UdxklZ2SJ3s
41	Dahi Vada Recipe	https://www.youtube.com/watch?v=tbjKmHbwx2E
42	Onion Parantha Recipe	https://www.youtube.com/watch?v=WwLJxTP_2R0
43	Vegetable Dalia Recipe	https://www.youtube.com/watch?v=cr8UP63jaDo
44	Ragi Beetroot Chilla Recipe	https://www.youtube.com/watch?v=mk_LfBdOXM0
45	Chilli Chicken Recipe	https://www.youtube.com/watch?v=I9OeLHYoBt4
46	Bread Upma Recipe	https://www.youtube.com/watch?v=-PydwBq1GCI
47	Chocolate Shots Recipe	https://www.youtube.com/watch?v=OINTvul46wQ
48	Dal Khichdi Recipe	https://www.youtube.com/watch?v=gowY8rzQUSQ
49	Papaya Walnut Smoothie	https://www.youtube.com/watch?v=QU1pO9-Hd5o
50	Daal Palak Recipe	https://www.youtube.com/watch?v=XTBkgpSmC_Q
51	South Indian Sambar Recipe	https://www.youtube.com/watch?v=zVfyXLEsIdM
52	Tomato Curry Recipe	https://www.youtube.com/watch?v=c64JCwq8yyM
53	Sheera Recipe	https://www.youtube.com/watch?v=mH_iiScjaDA
54	Mushroom Masala Recipe	https://www.youtube.com/watch?v=TdbpUvdop0Y
55	Chicken Soup Recipe	https://www.youtube.com/watch?v=jilUkpOtk20
56	Methi Matar Recipe	https://www.youtube.com/watch?v=wclN2z266AY
57	Egg and Spinach Sandwich	https://www.youtube.com/watch?v=NGqBUagC0II
58	Oats Sattu Upma Recipe	https://www.youtube.com/watch?v=CsFifarsbas
59	Lemon Coriander Soup Recipe	https://www.youtube.com/watch?v=8mSsFFtFlql
60	Grilled Brinjal Recipe	https://www.youtube.com/watch?v=yAeWZHtKwJg
61	Mix Veg Korma Recipe	https://www.youtube.com/watch?v=p2vhASRh7EI
62	Egg Curry Recipe	https://www.youtube.com/watch?v=du_PthoORbc
63	Green Pav Bhaji Recipe	https://www.youtube.com/watch?v=xp_AYibf-4E
64	Coconut Chutney Recipe	https://www.youtube.com/watch?v=T4MOaqIY-6s
65	Peas Sabji Recipe	https://www.youtube.com/watch?v=A0GBQ_SC7x8
66	Gobhi ki Sabzi	https://www.youtube.com/watch?v=szis6mila3A
67	Fish Curry Recipe	https://www.youtube.com/watch?v=wW28Rwk6A9A

68	Drumsticks Curry Recipe	https://www.youtube.com/watch?v=L9Ws7NaUk_k
69	Broccoli Soup Recipe	https://www.youtube.com/watch?v=kcKOcKG3tJA

3) Important notes regarding the plan

1. **Hydration:** Fluids are really important, especially in current scenario. Ensure intake of 3-4 liters of water throughout the day.
2. **Stick to the plan:** Stick to the plan and try to follow day by day. Under unavoidable conditions only, you can repeat or swap the food items. Stick to the portion size given.
3. **Avoid -** Processed and packaged food items, packaged masala.
4. **Meal Timings:** Try to maintain the timing of meal according to your routine, make sure there is 2-3 hours of gap before sleep.
5. **Activity Level:** Try to be active throughout the day, and follow yoga or exercise according to your body type, or try to cover 10K steps in a day.
6. **Oils for Cooking -** Try to use varieties of oil according to the cuisine, but prefer cold pressed or extra virgin oil, or use cow's ghee (homemade). Avoid refined oil. Per day allowance is **20-25ml/day (4-5 tsp/day)**
7. **Intolerances -** If lactose intolerant - use soy / oat / coconut / almond milk.
If gluten intolerance avoid wheat, barley, rye and its products. Use other millets like bajra, Jowar, ragi (Nachna), quinoa, oats etc.
8. **Mental Wellbeing -** Take care of your mental health.

4) How to take steam ?

1. Heat up the water to boiling state.
2. Carefully pour the hot water into the bowl.
3. Drape the towel over the back of your head.
4. Turn on a timer.
5. Shut your eyes and slowly lower your head toward the hot water until you're about 5 to 10 inches away from the water. Be extremely careful to avoid making direct contact with the water.
6. Inhale slowly and deeply through your nose for at least two to five minutes. (don't do fast breathing)
7. Don't take steam longer than 2 to 5 minutes in 1 session. If you want to take steam for 10-15 minutes, ensure that you do it in intervals