

Keto diet – weight loss on a budget?

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How many times have you come across Insta posts about incredible weight-loss transformations and thought to yourself, “Maybe if I skip the steak during dinnertime, I’ll drop a few pounds in a week.”

Seems like you have been living under a rock for the past decade.

It’s not fat that makes you fat. It’s sugar!

Keto diet is an effective way to lose weight, without having to give up on your favorite cheese dishes. It focuses on a low-carb, high-fat diet that can help you burn fat more efficiently. But the biggest hurdle the middle-income community of Bangladesh faces is finding the suitable items and staying within budget.

Here are some basic meals plans that will keep off the weight without breaking your bank:

Breakfast

Start your day with a Keto chicken sandwich by replacing your bread with a healthier choice. All thanks to Bread & Beyond Bangladesh, now you can enjoy your breakfast with keto bread made from almond flour.

Not a big fan of sandwiches? You can always opt for a healthy egg and hash brown breakfast. And the best part is, the hash browns are made from cabbage. So, head over to your neighborhood friendly vendor and grab a winter cabbage to make the breakfast for champions.

Lunch

Since rice is off limits, low-carb substitutes such as cauliflower rice can be used. This choice may be apprehensive due to its scarcity in stores or higher price. If you have a cheese grater or food processor at home, your low-cost cauliflower rice meal will be ready in no time. Mashed cauliflower is a great alternative for mashed potato lovers too.

Dinner

Now that you’re on a Keto diet, it’s time to give up on that savoury pizza or your favorite chicken fettuccine alfredo. We’re kidding. Substitute regular flour with almond flour and add your usual toppings along with mozzarella or cream cheese and you’re good to go! For making a keto-friendly pasta, instead of using store-bought pasta, try cooking with Shirataki noodles. These are made from plant-based ingredients that won’t wreck your diet. You’ll find these substitutes at shops such as Unimart or Meena Bazaar.

Snacks

Skip your potato snacks and start munching on baked cheese chips. They’re easy to make and cost next to nothing. You could also go for an avocado dip with carrot sticks.

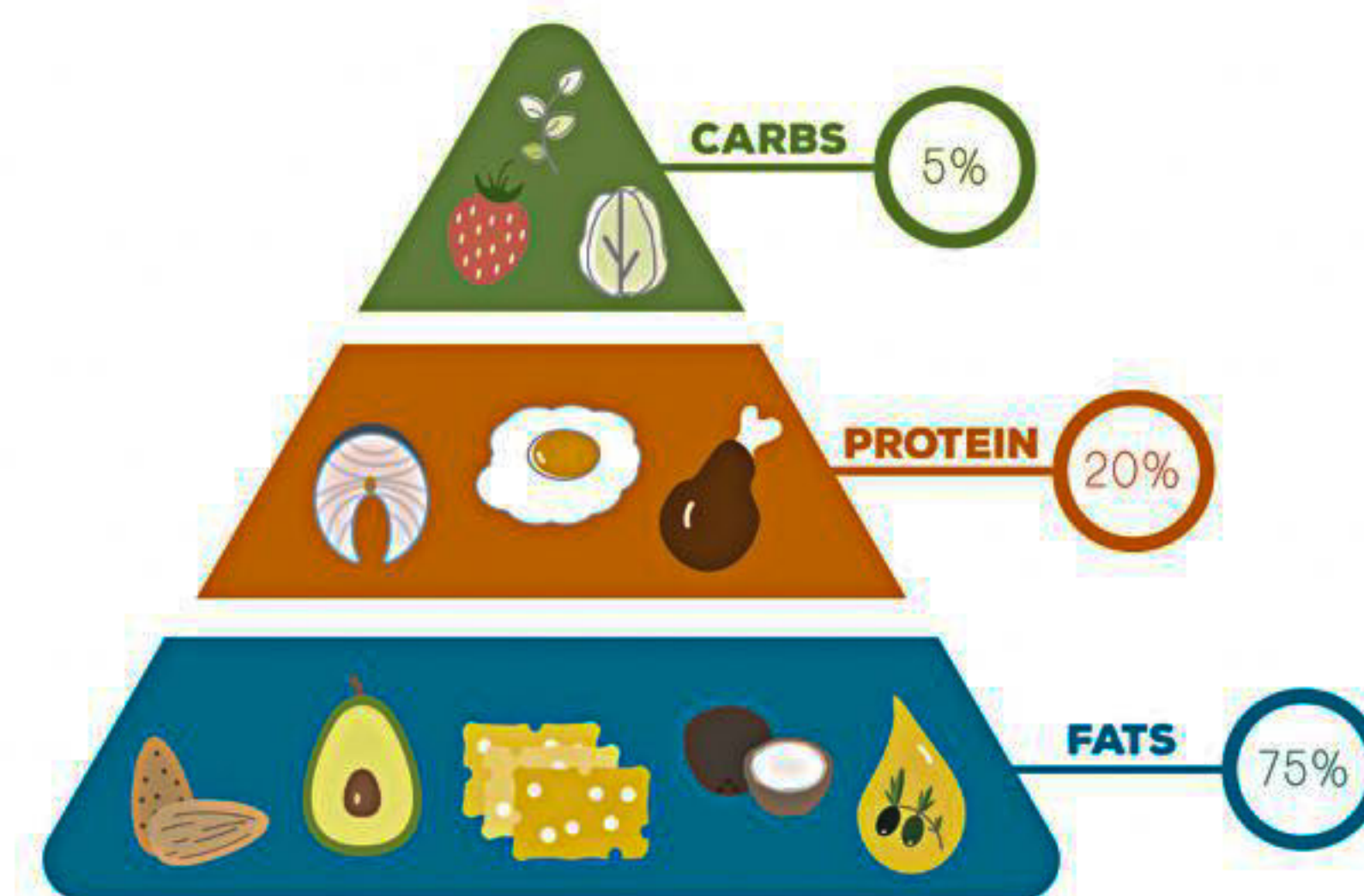
Now that you’re all caught up, get to Keto-ing!

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KETO DIET FOOD PYRAMID



Darjeeling - winter wonderland, close to home

ZARIF FAIAZ



Welcome to Darjeeling - the majestic Kangchenjunga in the backdrop of a bustling small town, the echoing sound of the old steam engine train running through its streets, the captivating smell of momos and warm tea.

Many will frown upon the idea of travelling to the foothills of the Himalayas in December. Yes, it can get colder than your ex’s heart, but if you’re going from Bangladesh, wouldn’t you want to enjoy a little Himalayan winter? Where’s the fun in going to Darjeeling if you’re not wrapped up in a shawl by a fireplace, sipping on a warm cup of hot cocoa with the Kangchenjunga behind your balcony?

But let me tell you this, traveling to Darjeeling in winter will probably be

one of the best trips you’ll ever take. As your car carrying you hits the spiraling roads of Darjeeling, the cold mountain winds will hit your face. Try and feel these winter winds, even if it hurts a little to your unaccustomed skin.

It is believed in the Tibetan culture that the mountain wind carries the messages of peace, compassion and wisdom that’s written on the prayer flags that are hung everywhere and brings peace to the world.

Do not miss out sunrise on Tiger hill, as the first ray of the sun touches the peak of Kangchenjunga before dawn breaks upon the city. Head over to Glennary’s for a dinner in a colonial setting, complete with Christmas decorations. Christmas carols in the

streets of Darjeeling are not common if you’re visiting before or on Christmas day. The entire city takes on a festive and warm vibe, so make sure you indulge yourself in the full flavor of Christmas in Darjeeling.

You’ll experience an unworldly sight at night if you’re looking out of your hotel window, balcony or rooftop. You’ll see a sky full of a billion stars. The entire city on the hills with its flickering white and yellow lights in the dark, offer an illusion of the stars coming down on the dark hills.

The spiral roads, the echoes of the toy train, the colourful temples, the valley with a million tiny lights, and people with the friendliest smiles- everything about Darjeeling is heartwarming and perfect. It would be a shame to miss out on Darjeeling if you’re looking for a place to travel this winter. The Kangchenjunga awaits you.




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