

Monday

EARLY MORNING | 06:00 AM

lukewarm jeera + dalchini water -1 glass

breakfast | 09:00 AM

1. Coconut Water : 200 ml **OR** CURD CHIA SMOOTHIE : 1 Unit **OR** OATS SMOOTHIE : 1 Glass **OR** SKIN GLOW SMOOTHIE : 1 **OR** vegetable juice : 1 glass

Mid morning | 11:00 AM

1. LEMONGRASS TEA : 1 Cup **OR** GINGER TURMERIC TEA : 1 Unit **OR** LEMON GINGER TEA : 1 Cup **OR** MINT LEMON TEA : 1 Cup

lunch | 01:00 PM

1. Paneer Salad (added grilled veggies) : 1 bowl **OR** CUCUMBER CARROT SALAD : 1 Unit **OR** CUCUMBER SALAD (BLACK PEPPER AND LEMMONCUCUMBER SALAD) : 1 Unit **OR** KHEERA-TAMATAR SALAD (NO SALT) : 1 Unit **OR** MIX FRUIT BOWL : 1 Unit **OR** SALAD OR MOONG SPROUTS : 1 Unit **OR** SEASONAL FRUIT STOMACHFULL (WATERMELON / PAPAYA / APPLES) : 1 Unit **OR** TOMATO CUCUMBER SALAD (STOMACHFUL) **OR** SAUTE VEG SOUP : 1 Unit

mid evening | 06:00 PM

1. FRESH COCONUT WATER. : 1 Unit **OR** amla & mint and honey juice : 1 glass **OR** GINGER TURMERIC TEA : 1 Unit **OR** GREEN TEA : 1 Unit **OR** KASHMIRI KAWA TEA : 1 Unit **OR** pear juice : 1 glass **OR** wheat grass juice : 1 glass

dinner | 09:00 PM

1. Lentil Soup : 1 bowl **OR** GHIYA SOUP/ BARELY DALIYA : 1 Unit **OR** LAUKI OATS SOUP : 1 Katori **OR** LEMON CORIANDER SOUP : 1 Unit **OR** MIX VEGETABLE SOUP : 1 BOWL **OR** SALAD/ SAUTE VEGGIES/ SALAD SOUP : 1 Unit **OR** TOMATO GHIYA SOUP : 1 Unit

Tuesday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM

Wednesday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM

Thursday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM

Friday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM

Saturday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM

Sunday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM