



Monday

Morning Drink on an empty stomach | 07:00 AM

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Tuesday

Morning Drink on an empty stomach | 07:00 AM

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Wednesday

Morning Drink on an empty stomach | 07:00 AM

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Thursday

Morning Drink on an empty stomach | 07:00 AM

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Friday**Morning Drink on an empty stomach | 07:00 AM**

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Saturday**Morning Drink on an empty stomach | 07:00 AM**

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

Sunday**Morning Drink on an empty stomach | 07:00 AM**

1 glass of hot water + 1 spoon of methi seeds + 1 spoon of flaxseed.

Breakfast | 09:00 AM

1 Glass smoothie (200g curd/greek yogurt + 1 fruit (apple/pomegranate/papaya/frozen berries/pear) any one with 4 to 5 almonds + 1 spoon coconut oil + 2 ice cube blend everything and drink.

Mid morning | 11:00 AM

1 cup coconut water.

Lunch | 01:00 PM

2 small sized bhakri (jawar/bajra) with 1 cup sabji (paneer/methi/palak/bhindi/french beans) with 1 glass of buttermilk/lemon mint water.

Evening Snacks | 06:00 PM

1 cup green tea with 1 dry fig.

Dinner | 09:00 PM

1 pcs thalipeeth with coconut chutney/1 bowl brown rice paneer vegetable rice/1 glass Vegetable fruit smoothie (pomegranate/watermelon/muskmelon any fruit 1 plate with (beetroot/carrot/cucumber) any blend together and drink vegetable fruit smoothie with 2 to 3 walnuts.

R.K vaidya road muley building, ground floor room number 07, Mumbai - 400028, Maharashtra, India
Email: dietcraftindia@gmail.com