



## **Ananya**

(29th December 2022)

### **Early morning**

Moringa tea

### **Pre Breakfast ( 30 min before)**

1 teaspoon of Fibre with 2 glasses of warm water

### **Breakfast**

Fruits + Boiled eggs

### **Pre Lunch (30 min before)**

1 teaspoon of Fibre with 2 glasses of warm water

### **Lunch**

Salad (any of your choice) + Curd ½ cup + Chicken / Fish / Mutton  
2-3 pieces (try to have dry) + Jowar/ Bajra roti + 1 cup Dal

### **Snacks**

Makhana/ Roasted Chana/ Peanuts/ Nachni chips

### **Pre Dinner (30 min before)**

1 teaspoon of Fibre with 2 glasses of warm water

### **Dinner**

Salad (any of your choice) + Curd ½ cup + Chicken / Fish / Mutton  
2-3 pieces (try to have dry) + Jowar/ Bajra roti + 1 cup Dal

### **Bed Time**

Pinch of turmeric + ¼ inch piece of ginger boil in water for 2 mins

**Detox water :**

1 litre water

3 Amla grated

1 spoon ginger grated

10-12 mint leaves

(Soaked for 4 hrs and finish by 3)

**Foods to avoid :**

- sweet
- fried
- Spicy
- Canned/preserved
- bakery
- White bread
- Coffee/Strong tea
- Sauces/pickles
- Salty

**Special instruction :**

Sleep by 11:00 p.m.

Use less salt in meals

**Nutraceutical :**

Fibre = 0-1-1

Fish Oil = 1-0-1 (after meals)

Formula V = 1-0-0

Collagen + Antioxidants = 1-0-0

Arachitol Nano 1 per week \* 8 weeks

