

Note : this diet is to be followed for a week by selecting the foods of your choice from the allowed list. Have at least 3-3.5 lit of water. Try to sleep until 10:00-10:30 PM Do not miss the walk any single day. Do not skip any meal

Take B12 supplement: - MBSON SL(3 months)- 1 tablet/day after breakfast and Uprise D3 60,000 IU -1 tablet/week after breakfast.

Early morning (6:00 AM)

Seed water (Take: 2.5g of Cumin Seeds, 2.5g of Fennel Seeds, 2.5g of Coriander Seeds, 2.5g of Barley. **Cooking Instructions- Soak all the seeds - 1 tsp each (Jeera, fennel, barley, coriander seeds - 1 tsp each) overnight. Boil them the next morning, adding ginger and cinnamon. Strain it and add lemon. Have it warm.)** + soaked dry fruits - 4 almonds + 2 walnut + 1 dry fig + 1-2 dried apricot + soaked methi seeds (soak 1 tsp methi seeds in water overnight and then chew it in morning)

6:30-7:30 AM - Brisk walking

Break fast (8:00-8:30 AM)

250 ml milk plain or with elaichi and kesar if needed + Oats porridge 8 tbsp (don't add sugar or jaggery) + extra milk if needed / Ragi porridge 8 tbsp (don't add sugar or jaggery) + extra milk if needed/ Vegetable poha 8 tbsp (once a week)/Oats upma 8 tbsp / Sprouts chaat 8 tbsp/ Besan chilla-1 + green chutney

Mid Morning (10:30-11:00 AM)

lemon water without sugar / coconut water / green tea / buttermilk + LOW GI fruit from the allowed list

Lunch (1:00-1:30 PM)

1-2 roti without ghee + 1 bowl veg + 1 bowl of dal or pulse is mandatory + salad – tomato, onion, broccoli, lettuce, cucumber, carrot etc 30-40% of hunger. Start your meal with salads + 200 ml buttermilk

Post Lunch- 1 soaked betel leaf (soak it in water for 10-15 minutes)

Walk for 15 minutes after lunch

Snack (4:00 PM)

Green tea/tea/Coffee + fist full of mumra / makhana / nylon poha chivda

Mid Evening (6:00 PM)

fist full of channa / soybean /peanuts /sprouts/roasted channa jor garam fist full/ 2-3 threptin biscuits/boiled black chana/ Roasted moong jor/ roasted soya bean

Dinner (8:00-8:30 PM)

Jowar moong dal chilla - 1 / sauté paneer salad (use 80-100 g low fat paneer) + tomato soup / Kodri vegetable khichdi 8 tbsp / quinoa salad 8 tbsp/ Black chana chaat 8 tbsp/ Lobia chaat 8 tbsp / Vegetable moong dal handvo 1 medium piece + green chutney

Have soup/salad + buttermilk/curd with the main course that you select from the options given.

Post Dinner- 1 soaked betel leaf (soak it water for 10-15 minutes)

Walk for 15 minutes after dinner

Late night (10:00-10:30 PM)

Turmeric Milk without sugar