

Note : This diet is to be followed for a week by selecting the foods of your choice from the allowed list. Have at least 3.0-3.5 liters of water. Try to sleep until 10:30-11:00 PM Do not miss the walk any single day. Do not skip any meal

Take B12 supplement: - MBSON SL 1 tablet/day after breakfast and d3- uprise d 60,000IU 1 tablet/week after breakfast.

Early morning (5:00-5:15 AM)

Sees 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 + 4 walnut halves + 1 dry fig + 1 apricot

7:00 - Tea

Break fast (7:30-8:00 AM)

200-250 ml milk plain or with elaichi and kesar if needed + poha 8 tbsp /oats upma 8 tbsp /besan chilla - 1 / paneer sandwich - 1 slice of wheat bread /peanut sandwich - 1 slice of wheat bread /Hummus + 1 slice of wheat bread

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

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

Lunch (1:00-1:30 PM)

1-2 roti without ghee/ boiled rice 8 tbsp + 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

Take uni-enzyme tablet 1 after lunch when taking pulses.

Snack (3:30-4:00 PM)

tea/coffee / green tea + fist full of mumra / makhana / nylon poha chivda / diet khakhra half

Mid Evening (6:00-6:30 PM)

fist full of channa / soybean /peanuts /sprouts/roasted chana jor garam / 2 threptin biscuits

Dinner (8:00-8:30 PM)

Khichdi - keep the ratio of 1:4 i.e. 1 part rice and 4 parts of dals- 8 tbsp / moong dal chilla - 1 + curd + green chutney / sauté paneer salad (use 80 -100g) + lemon coriander soup / daliya veg khichdi 8 tbsp + tomato soup / quinoa upma 8 tbsp + mix vegetables soup/ Black chana chaat 8 tbsp + lemon coriander soup/ Lobia chaat 8 tbsp + tomato soup/ handvo 1 medium piece + green chutney + curd

Late night (10:15-10:30 PM)

Turmeric Milk without sugar.