

**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 Multivitamin supplement: - zincovit 1 tablet/day after breakfast

### **Early morning (5:30-5:45 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 + 4 walnut halves + 1 dry fig + 1 apricot

**7:00 - 2 threptin biscuit**

### **Break fast (8:15-8:30 AM)**

Curd + poha 12 tbsp /oats upma 12 tbsp /besan chilla - 2 / Tofu vegetables salad (100-120 gms of tofu) /ragi chilla 2

### **Mid Morning (11:00-11:30 AM)**

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

### **Lunch (1:00-1:30 PM)**

2-3 jowar roti without ghee/ boiled rice 12 tbsp + 1 bowl veg + 1 bowl of dal or pulse is mandatory + + 200 ml buttermilk/curd 100-120gms

Take uni-enzyme tablet 1 after lunch.

### **Snack (3:30-4:00 PM)**

Buttermilk / green tea / fruit from the allowed list - LOW FODMAP / fist full of mumra / fist full of makhana / fist full of nylon poha chivda / diet millet khakhra 1

### **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- 12 tbsp / moong dal chilla - 2 + curd + green chutney / kodari veg khichdi 12 tbsp + tomato soup / quinoa upma 12 tbsp + mix vegetables soup/ Oats jowar chilla - 2 + curd + green chutney/ moong dal handvo 2 medium piece + green chutney + curd

Take uni-enzyme tablet 1 after Dinner..

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

Chia seeds and Basil seeds water (soak seeds in water for 20-25 minutes then consume it with seeds)