

Early Morning (after waking up): 1 Glass Luke warm water + 15ml ACV (apple cider vinegar)

Breakfast: 1 cup tea / coffee with less sugar (optional) +
3 days: 2 size of CD besan / moong dal chilla + mint coriander chutney.

2 days: 1 bowl overnight soaked oats (add 2tbsp chia seeds)

1 days: 1 vegetable sandwich / French toast + mint coriander chutney.

1 day detox: cucumber + mint + lemon juice

Mid Morning: 5 soaked almonds + 1 fruit

Lunch:

3 days: 1 bowl salad (only vegetable salad, no cream dressing) + 1-2 roti jowar roti (size of CD) + 1 bowl Sabzi (with less oil) + 1 small katori dal (use ghee for tadka)

2 days: : 2 vegetable stuffed paratha + 1 bowl salad + 100g curd / 1 glass buttermilk.

1 days: 1 bowl paneer daliya + 1 bowl salad + 100g curd / 1 glass buttermilk.

1 day detox: 1 Curd sandwich

Mid Evening:

Tea with 2 oats biscuits.

OR

Fist full of roasted chana.

OR

1 bowl of plain popcorn (no butter).

Pre-dinner: 1 glass chia seeds water (15 min before dinner)

Dinner:

3 days: 1 bowl cooked sabzi (avoid corn and potatoes) + 1 bowl salad + 1 katori dal (any)/ paneer tikka (100g) +1 wheat oats mix phulka

2 days: 1 bowl daliya pulao + 1 bowl sabzi

1 days: 1 bowl dal / veg soup + 1 bowl stir fry veggies.

1 day detox: 1 moong chilla

Chew fennel seeds after dinner.

At Night: 1 cup fennel tea

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let me know)

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

1. 1 date
2. 1 fruit

3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate