

DIET PLAN

Early Morning: 1cup ginger tea +30gms seed mix

Breakfast:

3 days: 2ragi chilla+amla chutney/ 1glass dry fruit shake

2 days: 1beetroot besan roti+any sabji

2 days: papaya oats smoothie/roasted peanut chaat

[Note use plant based milk]

Mid Morning: **1glass** carrot cucumber mint juice /chia seed
coconut water

Lunch:

3 days: 1roti+any sabji or dal+salad/1moong dal prantha+curd

2days: 1bathua roti+lobia curry+salad/1jaggery peanut prantha+any
sabji

1day: sprouts pulao

1 days: meal of your choice

[multigrain atta roti]

Evening snack: green tea/lemon grass tea+any seasonal fruit

Dinner:

3 days: kachumber salad/chickpea tikki+green chutney

2 days: 1 bowl oats daliya /hot and sour soup

2days: 1 bowl mushroom soup/beans and tofu bowl

bedtime: 1 cup fennel tea

Snacking and munching options when you feel hungry- (If are choosing any of these mention

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