

# DAY 1

Early Morning: 1 Glass warm water

Breakfast: 1 bowl oatmeal with oranges and pomegranate.

MidMorning: 1 Glass Dudhi amla Juice

30 mins before lunch: 1 Glass water

Lunch: 2 Chapatis with 1 vat dal, 1 vati sabzi and 1 bowl salads (with a dash of lime)

30 mins post lunch: 1 Glass water

Evening: 1 Glass chickoo smoothie (without sugar and with coconut milk)

Late Evening: 1 apple / Guava

30 Mins before Dinner: 1 Glass water

Dinner: 1 bowl veg. Soup (with 1 amla), 2 vati

Daliya khichdi

30 mins post dinner: 1 Glass water.

DAY 2

Early Morning: 1 Glass Dhanya Jeera water

Breakfast: 1 plate veg. Poha

Mid Morning: 1 pomegranate or 4-5 strawberries

30 Mins before lunch: 1 Glass water

Lunch: 2 vati sprouts salad with 2 chapatis, 1 vati sabzi (No potato, less oil)

30 Mins post Lunch: 1 Glass Water

Evening: 1 cup green tea with 1 - 2 lentil  
Khakhras

Late Evening: 1 guava / 1 pear

30 Mins before Dinner: 1 Glass water

Dinner: 1 Bowl Veg Dal soup with 2 Wheat Bread / Multigrain Bread toast

30 Mins Post Dinner: 1 Glass water.

DAY 3

Early Morning: 1 Glass warm water with 1 tsp. Methi Seeds

Breakfast: 1 - 2 Khakhras with 1 vati curds

Mid Morning: 1 Glass Dudhi Amla and ginger juice

30 Minutes Before Lunch: 1 Glass water

Lunch: 1 - 2 Jowar Chapati with 1 vati Lentils, 1 vati sabzi ( less oil and no potato) and a bowl of salads

30 Minutes post Lunch: 1 Glass water

Evening: 1 Glass salted Lassi

Late Evening: 1 Guava / 4-5 strawberries

30 Minutes Before Dinner: 1 Glass water

Dinner: 1 - 2 Bajra Chapati with 1 vati Urad Dal and a bowl of salads

30 Minutes post Dinner: 1 Glass water

DAY 4

Early Morning: 1 Glass warm water with lime squeeze

Breakfast: 1 plate Roasted Poha Chivda

Mid Morning: 1 Chickoo with 1 Glass coconut milk

30 Mins Before Lunch: 1 Glass water

Lunch: 2 Chapatis with 1 vati Boiled Soyabean, 1

vati Green veggie and a bowl of salads

30 Mins Post Lunch: 1 Glass water

Evening: 1 cup green tea with 1/2 - 1 vati sing chana

Late Evening: 1 Fruit

30 Mins Before Dinner: 1 Glass water

Dinner: 2 Vati Palak Khichdi

30 Mins Post Dinner: 1 Glass water.

DAY 5

Early Morning: 1/2 cup black tea with lemon

Breakfast: 2 Idlis with Sambhar

Mid Morning: 1 Glass Dudhi Amla Juice

30 Minutes Before Lunch: 1 Glass water.

Lunch: 2 Multigrain chapatis with 1 vati sprouts,  
1 vati Green veggie with 1 bowl salads

30 Minutes Post Lunch: 1 Glass water.

Evening: 1 Glass Buttermilk

Late Evening: 1 Fruit

30 Minutes Before Dinner: 1 Glass water

Dinner: 2 - 3 Moong Dal Chillas with green  
chutney and salad

30 Minutes Post Dinner: 1 Glass Water