

DAY 1 -

EARLY MORNING: 1 glass warm water with lime squeeze

BREAKFAST: 1 bowl oatmeal with apples and pomegranate

MID MORNING: 1 glass Dudhi amla Juice

LUNCH: 1 Bowl Sprouts Salads

(1 vati sprouted moong and matki mix with 1 cucumber, tomato, lettuce and red cabbage)

EVENING: 1 cup green tea with a handfull of roasted chanas

LATE EVENING: 1 guava

DINNER: 1 vati plain fresh curd with 1 bowl salads

DAY - 2

EARLY MORNING: 1 Glass warm water with 1 tsp. Methi seeds powder.

BREAKFAST: 1 glass oatmeal with strawberries and apples

MID MORNING: 1 glass dudhi amla juice

LUNCH: 1 Bowl Soyabean Salads + 1 glass buttermilk

EVENING: 1 cup green tea with 3-4 almonds and few peanuts

LATE EVENING: 8-10 Strawberries

DINNER: 1 Bowl tofu / chicken Salad

DAY 3:

EARLY MORNING: 1 Glass Dhanya n jeera water

BREAKFAST: 1 plate veg masala oats

MID MORNING: 1 Fruit

LUNCH: 1 Bowl Jowar and sprouts salad

EVENING: 1 cup green tea with 1 vati kurmura
chana mix

LATE EVENING: 1 glass Dudhi amla n ginger juice

DINNER: 1 - 2 bowls of Veg. Dal soup