



EARLY MNG-5days normal water/2 days dhaniya water

5 min breathing exercise+5 min meditation

PRE BREAKFAST-milk [protein shake]+5 almonds + 2 walnuts

BREAKFAST

2 DAYS- chila[oats/besan]2 small size with mint chutney

2DAYS- vegetable [dalia/oats] 1 medium bowl [30% dalia-70% vegetables]

vege - carrot ,beans, pea , onion, capsicum tomatoes

1DAY-1 partha with 1small bowl curd

2 DAYS-poha 30% poha -70% vege same as in dalia
walk for 15 min

MID MNG

1 cup tea with less milk+ 1seasonal fruit+1 tblspn seeds[pumpkin/sunflower/ 1 brazel nut]

LUNCH

1 MEDIUM Bowl of salad [carrort , cucumber, onionwith few lemon drops] avoid raddish

2 DAYS-1small bowl palak dal+ dahi/ raita1 small bowl+2 roti wheat mix with[bran/bajra/amranth/ragi]anyone of these in 50:50

2DAYS- paneer sabji 1 small bowl+dahi/ raita1 small bowl+1 roti same as above+ 1 small bowl of steamed rice

2 DAYS -mix vege 1 medium bowl + 2 roti+ dahi/raita

1 DAY- 1 small bowl rajma/chole+1 roti+ 1 small bowl rice

WALK FOR 15-20 MIN

Continue.....



EVENING SNACKS

1 CUP TEA with less milk +1 small bowl [roasted chana/ makhana/ sprouts chaat]

DINNER

5 DAYS 1 medium bowl soup[vegetable soup/brocauli soup/ tomato soup/ moringa soup]

2 days-1 medium bowl vegetable khichdi [not very thick]

walk for 30 min

POST DINNER

1cup cinnamon tea/Milk with a pinch of haldi

Mid night snax- dates / energy bar/ protein bar/ etc

*stay hydrated

* give100% to get100%