

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EARLY MORNING (7-8 am)	1 glass methidana water (1tsp methidana overnight soaked in 1 glass water drink it lukewarm in morng (daily)						
Exercise (1 hr)	<ul style="list-style-type: none"> • 5 min warm up, Pranayama 20min , Suryanamaskar 20, tadasana 5 (hold for 2 mins), garudasana 10 (hold for 2mins). • 10000 steps (2000 slow + 2000 fast + 2000 slow + 2000 fast + 2000 slow) • Meditation 10 min. 						
At 11 am	3-4 vegetable stuffed ragi idli with coconut chutney or 1 bowl sambhar	1 apple + 1 tbsp roasted mix seeds (pumpkin,sesame,flax) or roasted sweet potato /makhana	1 egg sandwich (2 multigrain bread + 2 egg white,slices of cucumber,carrot,onion, tomato)	1 bowl overnight soaked oats (3 tbsp rolled oats soaked in 1 cup milk + 2 tbsp chia seeds pre soaked add slices of apple)	1 apple + 1 tbsp roasted mix seeds (pumpkin,sesame,flax) or roasted sweet potato /makhana	1 egg sandwich (2 multigrain bread + 2 egg white,slices of cucumber,carrot,onion, tomato)	1 bowl overnight soaked oats (3 tbsp rolled oats soaked in 1 cup milk + 2 tbsp chia seeds pre soaked add slices of apple)
Lunch (1-2 pm)	1 methi stuffed paratha with 1 bowl palak paneer + 1 bowl beetroot raita	Take your hospital lunch (1 bowl rice or 1 chapati + 1 bowl dal + salad)	1 ragi chapati stuffed pinch of sonth with 1 bowl green saag / mix veg + 1/2 bowl curd	1 bajra chapati stuffed 2tbsp bran with 1 bowl liquidy soya curry/ rajma curry / black chana curry + 1 bowl cucumber raita + salad	Take your hospital lunch (1 bowl rice or 1 chapati + 1 bowl dal + salad)	1 ragi chapati stuffed pinch of sonth with 1 bowl green saag / mix veg + 1/2 bowl curd	1 bajra chapati stuffed 2tbsp bran with 1 bowl liquidy soya curry/ rajma curry / black chana curry + 1 bowl cucumber raita + salad
At 5 pm	1 glass juice (½ beetroot + ½ amla + 2 carrot + 1 fistful coriander leaves + spinach) grind all add chaat masala or black salt / 1 glass barley sattu / chana sattu / ragi sheera (2 tbsp roasted ragi powder mix in 1 glass warm water drink it for instant energy) .						
At (6 pm)	1 cup ashwagandha tea (¼ tsp ashwagandha powder boil in 1 cup water)+ 1 fistful roasted makhana / bhuna chana /1 bowl roasted paneer/ bhelpuri chaat / sweet potato chaat (optional)						
1/2 hr before dinner	1 plate salad (cucumber + carrot + beetroot)						
Dinner (9 pm)	1 bowl jeera corriander rice + 1 bowl palak paneer / rajma curry / soya chaap (cooked in less oil)	1 bowl ghiya soup (1cup ghiya + broccoli+ carrot + 2 tbsp boiled chickpea + 2 tbsp jowar flour)garnish with corriander leaves	1 besan cheela stuffed veggies + 20 gm grated paneer with green chutney	1 bowl quinoa pulav (3 tbsp quinoa + 1 cup veggies) with green chutney	1 bowl ghiya soup (1cup ghiya + broccoli+ carrot + 2 tbsp boiled chickpea + 2 tbsp jowar flour)garnish with corriander leaves	1 palak stuffed chapati with 1 bowl vegetable mix chicken curry (2 pcs chicken + veggies of your choice & cooked in less oil)	1 bowl quinoa pulav (3 tbsp quinoa + 1 cup veggies) with green chutney
Post dinner	1 cup ashwagandha tea (daily) if having sweet craving eat 1 rajgira ladoo or 1pc of jaggery						

GUIDELINES:

- Walk 500 steps after every meal.
- Drink luke warm water , don't drink water between the meal.
- If you feel hungry eat salad, bhuna chana, roasted makhana, cucumber
- Do not eat stale sabzis or overcook them. Always eat freshly prepared
- Eat steamed salad half an hour before the meal.
- Add hing to your sabzis if you feel bloated.
- Avoid packaged food, junk food.
- Avoid more sugary, oily and spicy foods
- Eat properly cooked food.
- Follow the diet strictly for best result.