

DAYS	E.M	B.F	M.M	LUNCH	EVE-SNACK	DINNER
MON	1cup shatavari tea	egg omellete	Any seasonal fruit+ 30gms seed mix	1-2 oats roti+any sabji or dal+sala d+curd	1cup haldi milk+5 soaked almond	Sautéed vegetable+ 100gms grill chicken
TUES	1cup shatavari tea	1mong dal chilla+green chutney	Any seasonal fruit+1halim seed ladoo	1-2 oats roti+any sabji or dal+sala d+curd	1cup saunf tea+5soaked almonds	Ragi upma
WED	1cup shatavari tea	Mushroom sandwich	Any seasonal fruit+ 30gms seed mix	Meal of your choice	1cup haldi milk+5 soaked almond	Mexican soup
THURS	1cup shatavari tea	Oats in milk	Any seasonal fruit+ 30gms seed mix	Chicken pasta	1cup saunf tea+5soaked almonds	Panner bhurji+ salad
FRI	1cup shatavari tea	3egg white scrambled eggs	Any seasonal fruit+ 30gms seed mix	Rice+lobia curry+sala d+curd	1cup haldi milk+5 soaked almond	Sprouts mushroom salad
SAT	1cup shatavari tea	Kala chana chaat	Any seasonal fruit+1halim seed ladoo	Sprouts pulao+vegetable raita+sala d	1cup saunf tea+5soaked almonds	Masala egg salad

SUN	1cup shata v ari tea	2peanut butter toast	Any seasonal fruit+ 30gms seed mix	1-2 oats roti+any sabji or dal+sala d+curd	1cup haldi milk+5 soaked almond	Ragi soup

BEDTIME- 1cup saunf tea

Snacking and munching options when you feel hungry-

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:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

DOs / DONTs

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Avoid the intake of sweetened drinks like colas, juices, etc.
5. Avoid adding salad dressing/mayo/any other type of sauces.
[Only vinegar dressing is allowed]
6. For mid night cravings you can go for any fruit/roasted makhana/chana.
7. Vegetables - all seasonal vegetables are allowed except arbi.
Potato is allowed only once a week.
Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]
8. Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.
9. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
10. Do not add extra salt in salads, curd,fruit salad. Avoid papad.
11. Always use low fat milk and its products.
12. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
13. Choose multigrain / wheat bread
14. Limit your sugar intake to not more than 2 tsp a day or avoid it
15. Manage your stress and Do some deep breathing at any time of the day.

