

<b>DAYS</b>	<b>E.M</b>	<b>B.F</b>	<b>M.M</b>	<b>LUNCH</b>	<b>EVE-SNACK</b>	<b>DINNER</b>
<b>MON</b>	1glass warm water [add 1tsp ghee]	1cup Ragi malt+1katori makhana	1cup shatavari tea+any seasonal fruit	1-2 roti+any dal or sabji+curd+ salad	1cup turmeric milk+ 30gms seed mix	Chicken seekh kakab+ green chutney
<b>TUES</b>	1glass warm water [add 1tsp ghee]	1-2 French toast	1cup shatavari tea+any seasonal fruit	1-2 roti+any dal or sabji+curd+ salad	1cup saunf tea+ 1piini	1-2 ragi chilla+ amla chutney
<b>WED</b>	1glass warm water [add 1tsp ghee]	1 oats chilla with panner stuffing +amla chutney	1cup shatavari tea+any seasonal fruit	Meal of your choice	1cup turmeric milk+ 30gms seed mix	Quinoa veggies salad
<b>THURS</b>	1glass warm water [add 1tsp ghee]	1cup Ragi malt+1katori makhana	1cup shatavari tea+any seasonal fruit	1moong dal prantha+ any sabji curd+salad	1cup saunf tea+ 1piini	Dal palak soup+1 egg whites+1whole egg
<b>FRI</b>	1glass warm water [add 1tsp ghee]	Veg. vermicelli	1cup shatavari tea+any seasonal fruit	Rice+chicken curry+salad+ buttermilk	1cup turmeric milk+ 30gms seed mix	Soya bhurji+salad
<b>SAT</b>	1glass warm water [add 1tsp ghee]	2sunny side up	1cup shatavari tea+any seasonal fruit	Quinoa pulao+salad+ buttermilk	1cup saunf tea+1 pinni	Chickpea panner salad
<b>SUN</b>	1glass warm water [add 1tsp ghee]	1 oats chilla with panner stuffing +amla chutney	1cup shatavari tea+any seasonal fruit	1-2 roti+any dal or sabji+curd+ salad	1cup turmeric milk+ 30gms seed mix	1bowl macroni soup

**BEDTIME-** chamomile tea

## **MID NIGHT MUNCHING OPTIONS-**

1cup elaichi or cinnamon milk

1small bowl popcorn, roasted chana, roasted chana

1apple, pomegranate, 1apple with peanut butter

## **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.
8. Fruits - all fruits except are allowed.
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.

