

DAYS	E. M	B.F	M.M	LUNCH	EVE-SNACK	DINNER
MON	1cup ginger lemon tea	1cup Ragi malt+1katori makhana	1cup cinnamon tea+any seasonal fruit	1-2 roti+any dal or sabji+curd+ salad	1cup kesar milk+ 30gms seed mix	1ragi dosa+sambhar
TUES	1cup ginger lemon tea	1-2 French toast	1bowl papaya+ 5 soaked almonds	rice+any dal or sabji+curd+ salad	1cup saunf tea+ 1piini	Masala egg salad
WED	1cup ginger lemon tea	1 oats chilla with panner stuffing +amla chutney	1cup cinnamon tea+any seasonal fruit	Meal of your choice	1cup kesar milk+ 30gms seed mix	Makhana milk
THUR S	1cup ginger lemon tea	1cup Ragi malt+1katori makhana	1bowl papaya+ 5 soaked almonds	1panner prantha+ any sabji+salad	1cup saunf tea+ 1piini	Sautéed vegetable+100gms Boiled chicken
FRI	1cup ginger lemon tea	Veg. vermicelli	1cup cinnamon tea+any seasonal fruit	1-2 methi roti+mushroom sabji+salad+ buttermilk	1cup kesar milk+ 30gms seed mix	1ragi dosa+sambhar
SAT	1cup ginger lemon tea	2sunny side up	1bowl papaya+ 5 soaked almonds	Sprouts pulao+buttermilk+ salad	1cup saunf tea+1 pinni	Carrot milk
SUN	1cup ginger lemon tea	1 oats chilla with panner stuffing +amla chutney	1cup cinnamon tea+any seasonal fruit	1-2 roti+any dal or sabji+curd+ salad	1cup kesar milk+ 30gms seed mix	1bowl broccoli soup+2egg whites

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.

