

<b>DAYS</b>	<b>E.M</b>	<b>B.F</b>	<b>M.M</b>	<b>LUNCH</b>	<b>EVE-SNACK</b>	<b>DINNE R</b>
<b>MON</b>	1cup ajwai n tea	Oats omelete	1cup shatavari tea+30gm s seed mix	1-2 roti+any dal or sabji+curd+ salad	1cup kesar milk+ roasted chana	Chicken soup
<b>TUES</b>	1cup ajwai n tea	1moong dal gheeya chilla+gree n chutney	Any seasonal fruit	Steamed quinoa+ any dal or curry+ salad+buttermil k	1cup cinnamon tea+2 spoon panjiri	1ragi chilla+ panner stuffing+ salad
<b>WED</b>	1cup ajwai n tea	Veg. poha/sattu shake	1cup shatavari tea+30gm s seed mix	Meal of your choice	1cup kesar milk+1apple	Egg bhurji+salad
<b>THUR S</b>	1cup ajwai n tea	1peanut butter toast+1 boiled egg	Any seasonal fruit	1broccoli prantha+ panner sabji+salad	1cup cinnamon tea+2 spoon panjiri	Rajma tikka+ green chutney
<b>FRI</b>	1cup ajwai n tea	Ragi upma	1cup shatavari tea+30gm s seed mix	1-2 roti+any dal or curry+salad+ buttermilk	1cup kesar milk+1apple	Makhana chaat
<b>SAT</b>	1cup ajwai n tea	1moong dal gheeya chila+gree n chutney	Any seasonal fruit	Soya curry+rice+salad + buttermilk	1cup cinnamon tea+2 spoon panjiri	Tofu bhurji+salad
<b>SUN</b>	1cup ajwai n tea	Oats in milk	1cup shatavari tea+30gm s seed mix	1-2 roti+any dal or sabji+curd+ salad	1cup kesar milk+roaste d chana	Chicken quinoa salad

**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.

