

## Week 1: Diet Plan for {}

	Early Morning (7:00am)	Breakfast (9:00am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Evening (4:30pm)	Dinner (7:30 pm )	Bed Time (9:00pm)
<b>Monday</b>	1 glass of lukewarm water + Lemon juice	multigrain bread upma +1 cup of tea	mango(100gms)	quinoa khichdi / wheat germ pulao	1 cup green tea +makahana	veg soup (add paneer)	1 cup of milk+4-5 soaked almond
<b>Tuesday</b>	1 glass of lukewarm water + Lemon juice	sauteed vegetable idlis (1 small bowl) +coconut / mint chutney	100 gms musk melon	soya bean curry (1 bowl) + 2 chapatis (jau + jawar)	mango shake (add 5 almonds) +2 spoons of chia seeds soaked	veg daliya 1 bowl+2 eggsboiled	1 cup of methi ajwain tea
<b>Wednesday</b>	1 glass of lukewarm water+ Lemon juice	oats smoothie ( 1 glass)	cup of green tea+mix seeds (1spn)	green dal sprouts salad 1 small bowl + 1 katori curd ( add 5 raisins in curd 1/2 an hour before eating)+ 1 katori fried rice	4-5 pcs of roasted tofu or paneer+lemon tea	veg pasta (1 bowl) add broccoli+beans+ capsicum+carrot +paneer cubes+30 gms of pasta	1 glass of lukewarm water+1 sp of isabgol
<b>Thursday</b>	1 glass of lukewarm water + Lemon juice	onion cucumber tomato +1sp of flax seeds sandwich (1) +1 cup of tea	banana / nariyal pani	raungi dal 1 katori + 1 chapati+curd raita	butter milk	khichdi 1bowl+half sp ghee	1 glass of lukewarm water+1 sp of apple cider vinegar
<b>Friday</b>	1 glass of lukewarm water + Lemon juice	1 small bowl of suji upma with lots of veggies	1 cup of tea+makahana and raisins	black chana chaat + 2 slices of multi grain garlic bread	1 cup of green tea + puffed rice bhel	jau dalia+2 chicken pcs roasted	1 cup of turmeric milk +1 walnut soaked
<b>Saturday</b>	1 glass of lukewarm water + Lemon juice	oats and jau chilla (1) with grated beetroot and carrot	sugar cane juice/1 cup of green tea	sambhar with veggies +2 chapati(jau)+salad+butter milk	paneer tikka 5 pcs	chilli cheese +1 chapati (jawar)	1 cup of dalgichini tea
<b>Sunday</b>	1 glass of lukewarm water + Lemon juice	nariyal pani +5 almonds soaked+ 5 raisins soaked with water	cup of green tea+mix seeds (1spn)	any cheat meal	1 glass of lukewarm water+apple cider vinegar	1 katori red masar + arhar dal (mix)+1 chapati(jau)	1 cup of milk + 1 date

NOTE : HAVE 1 GLASS OF WATER IN BETWEEN EVERY 2 HOURS

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AT  
8:00AM,10:00A  
M,12:00PM,3:00P  
M,4PM,6PM  
WORKOUT :

45 MINS BRISK WALK/CARDIO  
30 MINS/YOGA FOR 40  
MINS/PRANAYAMA FOR 40  
MINS PER DAY)