

DETOX PLAN

Day1

Early morning: 1glass moringa water [mix 1tsp moringa powder in 1glass water]

Breakfast: moong dal salad [1bowl]

Mid-morning snack: coconut water+any seasonal fruit

Lunch: 1oats chilla with panner stuffing+amla chutney/steamed quinoa+sautéed vegetables

Evening snack: 1cup herbal tea+5soaked almonds

Dinner: boiled rajma salad

Post dinner: ajwain tea

DAY2-

Early morning- 1glass moringa water

Breakfast- sprouts dahi chaat /mix fruit yogurt salad

Mid- morning- 1glass tomato carrot amla juice

Lunch- moong dal khichdi [1bowl]/1sprouts dosa+coconut chutney

Eve- snack- herbal tea+2walnuts soaked

Dinner- 1bowl mix vegetable soup/ grilled tofu salad

Post dinner- ajwain tea