

DETOX PLAN

Day1

Early morning: ginger tea+5soaked almonds

Breakfast: sattu shake

Mid-morning snack: any seasonal fruit

Lunch: 1kala chana atta roti+any green vegetable+salad

Evening snack: chia seed lemon water

Dinner: 1bowl tomato beetroot soup /gheeya spinach soup

Post dinner: elaichi with water [chew 2elaichi with 1glass of warm water]

DAY2-

Early morning- ginger tea+5soaked almonds

Breakfast- oats chia pudding

Mid- morning- 1glass alovera juice/coconut water

Lunch- 2oats idli+sambhar/makhana dahi chaat

Eve- snack- green tea+any seasonal fruit

Dinner- grilled panner chaat

Post dinner- elaichi with water [chew 2elaichi with 1glass of warm water]