

DETOX PLAN

Day1

Early morning: 1glass warm lemon water

Breakfast: carrot beetroot smoothie +1pear / mix fruit chaat

Mid-morning snack: coconut water /1cucumber+1glass chia seed water

Lunch: steamed vegetables/soya bhurji

Evening snack: 1cup herbal tea+1spoon seed mix

Dinner: 1bowl pumpkin tomato soup

Post dinner: 1glass warm water

DAY2-

Early morning- warm lemon water+2soaked walnuts

Breakfast- pineapple cucumber salad /papaya smoothie [1katori chopped papaya, lime juice, black salt blend and add soaked chia seeds]

Mid- morning- coconut water

Lunch- 1jowar roti [stuff with onion]+beetroot raita

Eve- snack- 1cup herbal tea+1spoon seed mix

Dinner- sautéed vegetable /panfried panner capsicum salad

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