

DETOX PLAN

Day1

Early morning: 1glass grenn juice [gheeya, amla, karela,ash gourd blend and drink]]

Breakfast: chia seed pudding/ overnight oats [add fruits of your choice] [add any plant based milk]

Note- you can have tea/ coffee after 30mins of breakfast without sugar

Mid-morning snack: any seasonal fruit/ shatavari tea+makhana

Lunch: moong dal khichdi/ barley khichdi/ rice+dal

Evening snack: rose petal tea /herbal tea with handful of nuts

Dinner: oats coconut sheera/ besan sheera/ gheeya kheer [add jaggery powder]

Post dinner: 1glass warm water

[NOTE- this plan is salt free if you are not comfortable with this please add a little salt]

