

2DAYS NAVRATI PLAN

Day 1

Early morning: 1 glass lemon water+5 almonds+2 walnuts soaked

Breakfast: 1glass gur lassi

Mid-morning snack: any seasonal fruit

Lunch: 2kuttu roti+panner sabji+curd/ 2kuttu dosa+coconut chutney

Evening: green tea/milk tea+1small bowl unsalted makhana

Dinner: makhana kheer

Day 2

Early morning: 1 glass lemon water+5 almonds+2 walnuts soaked

Breakfast: 1banana1big bowl+1katori makhana+1apple / 1glass coconut date shake

Mid-morning snack: coconut water or chia seed lemon water

Lunch: 4-5 samak tikki+green chutney+buttermilk

Evening snack: chai+1small bowl makhana or any seasonal fruit

Dinner: 1small bowl kesar chia pudding