

Nutritionist Aanchal

Early Morning - 1 glass of turmeric tea water.

Breakfast:

Day 1: 1 vegetable sandwich (2 whole wheat or multi-grain bread slices) + green mint chutney.

Day 2: 1 bowl oats upma

Day 3 & 4: 2 idlis + 1 bowl sambhar

Day 5: 2 Besan Chillas (CD size) + 2 tbsp green chutney

Day 6: 2 Moong Chillas + 2 tbsp green chutney

Day 7: 1 bowl Poha

Mid-Morning

1 fruit (papaya /kiwi /pomegranate /apple/ pear /muskmelon) + 5 almonds

Lunch :

Day 1: 1-2 wheat bran mix Roti +1 katori Sabzi (**no corn and potato**) + 1 bowl salad + 1 bowl dal

Day 2: 1 bowl salad + 1 sandwich with paneer filling (**2 whole wheat or multigrain bread slices**)

Day 3: 2 oats flour mix Roti + 1 katori Sabzi + 1 bowl salad + 1bowl dal

Day 4: Paneer Tikka 5-6 pieces (75 grams) + 1 bowl salad

Day 5: 1-2 wheat bran mix Roti +1 katori Sabzi + 1 bowl salad

Day 6: 1 bowl boiled Sprouts (moong or channa) + 1 bowl salad

Day 7: 2 Oats chillas + 2tbsp green chutney + 1 katori dal + 1 bowl salad

Evening (around 4pm): 1 cup tea (no sugar)

Late Evening:

1 glass of skimmed milk

OR

1 glass of buttermilk

OR

1 bowl of roasted chana /makhana/ jowar puff

Dinner: 1 bowl salad +1 wheat bran roti + 1 katori veggie Vegetable day wise or you can make any sabzi low in oil (avoid corn, raw banana, suran, arvi and potato)

1. Cabbage
2. Cauliflower
3. Ladies finger
4. Peas and paneer
5. Palak
6. Bottleguard
7. Chick pea

At Night –1 cup turmeric tea.

YOU CAN INTERCHANGE LUNCH AND DINNER OPTIONS

Turmeric Tea**Ingredients:**

1. Turmeric powder – 2 pinches
2. Ginger or ginger powder- 1 pinch
3. Cinnamon powder- 1 pinch
4. Black pepper powder- ½ pinch
5. Water – 1 glass

Method:

Into glass add mixture of these spices and then add in 1 glass of boiling hot water. Mix well and allow it to steep for about 10 minutes and then have it, but make sure you give it a stir once or twice before drinking