

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning (6am)	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice	1 glass Ash gourd-coriander juice
Breakfast (9:00am)	Semolina Upma mixed with vegetables like peas,beans,capsicum	Ragi Dosa with coconut chutney	Chia seed pudding topped with sliced fruits.	Moong daal chilla	Vegetable poha	Boiled sprouts with vegetables	Chia seed pudding with almond milk
Mid Morning(11:00am)	A small bowl of fresh fruit salad with seasonal fruits like papaya, guava and oranges	Coconut slices(4-5)	Handful of mixed nuts	Green Tea with Lemon	1 Seasonal fruit	1 seasonal fruit/coconut water	Green Tea with Lemon
Lunch(1:00-2:00)	1 bowl Brown rice with mixed vegetable curry	Vegetable khichdi made with millets	Quinoa salad with mixed vegetables(bell peppers, cucumber, carrots) and chickpeas	2 vegetable-wheat chapatti+Bottle gourd sabji	1 bowl brown rice with mixed bhindi sabji + 1 small bowl daal	1 bowl Brown rice with mixed vegetable curry	Quinoa salad with mixed vegetables(bell peppers, cucumber, carrots) and chickpeas
Evening Snack (4:00am)	Roasted Chana	Peanut bhel + Green Tea with Lemon	Roasted sunflower seeds and brazil nuts with green tea	Makhana bhel + Green Tea with Lemon	Roasted sunflower seeds and brazil nuts with green tea	Peanut bhel + Green Tea with Lemon	Roasted Chana
Dinner (6-7pm)	Lentil soup with spinach and whole wheat chapatti	Stir-fried tofu with bell peppers and quinoa	Oats khichadi with capsicum,tomato,carrot, beans	2 Jowar Roti with Torai sabji	Daal Dhokla	Lentil soup with spinach and whole wheat chapatti	Vegetable Khichadi