

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning (6am)	1 glass Ash gourd-coriander juice	1 tsp coriander seeds soaked overnight	1 glass Ash gourd-coriander juice	1 tsp coriander seeds soaked overnight	1 glass Ash gourd-coriander juice	1 tsp coriander seeds soaked overnight	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 + 1 brazil nut	Coconut slices(2 mid slice)+ Pumpkin seed + 1 brazil nut	1 Small seasonal fruit with 1 walnut nuts + 1 brazil nut	Tender Coconut water + chia seed + 1 brazil nut	1 small Seasonal fruit with 1 walnut + 1 brazil nut	1 seasonal fruit/coconut water + 1 brazil nut	Coconut slices(2 mid slice)+ Pumpkin seed + brazil nut
Lunch(1:00-2:00)	1 bowl Brown rice with mixed vegetable curry	1 bowl Vegetable khichdi made with millets Kodu millets	Quinoa salad with mixed vegetables(bell peppers, cucumber, carrots) and chickpeas	2 vegetable-wheat chapatti+Bottle gourd sabji, low fat curd	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)	1 small bowl Roasted Chana	1 small bowl Peanut bhel + Green Tea with Lemon	1tsp sunflower seeds and brazil nuts with green tea	1 small bowl Makhana bhel + Green Tea with Lemon	1tsp Roasted sunflower seeds and brazil nuts with green tea	1 small bowl Peanut bhel + Green Tea with Lemon	1 small bowl Roasted Chana
Dinner (6-7pm)	1 bowlLentil soup with spinach and 2 Jowar chapatti	1 bowl Stir-fried vegetables with bell peppers and quinoa	1 medium bowl Oats khichadi with capsicum, tomato, beans	Daal Dhokla with mint coriander chutney+ saute veg 1 small bowl	2 Jowar Roti with Torai sabji	1 small bowl Lentil soup with spinach and whole wheat chapatti	1 medium bowl Vegetable Khichadi