

11 DAYS DETOX DIET PLAN

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

KEY POINTS TO REMEMBER

- 1- Drink 3L of water everyday
- 2- Tea/ coffee/ cold coffee are allowed without sugar or you can add stevia
- 3- Use skim milk for tea and unsweetened almonds or oats milk for oats pudding/ cold coffee/ smoothies.
- 4- 30mins walk is compulsory.
- 5- Any type of salad dressing, tomato sauce, ketchups, mayo are not allowed.
- 6- You can take mint chutney/ coconut chutney/ amla chutney.

MORNING DRINKS OPTIONS-

- 1- Masala tea- boil ajwain, saunf, jeera, 2elaichi in water for 5min strain and drink.
- 2- Boil 2tej patta in water for 5 min strain and drink

3- Jeera lemon water- mix roasted jeera powder in water add lemon juice and drink.

4- Curry patta drink- boil 3-4 leaves in water for 5mins strain and drink.

BREAKFAST OPTIONS-

1- apple oats smoothie- blend 3-4 slice of apple, 1tbsp rolled oats blend and enjoy

2- 1moong dal chilla+mint chutney [you can take curd also]

3- Chickpea sandwich- apply hummus spread add your favourite Veggies [tomato onion cucumber etc] and enjoy. Breads are allowed only for 3days.

4- 4egg whites

5- 1millet dosa with aloo masala

MID- MORNING OPTIONS-

1- Any seasonal fruit

2- 2mango slice

3- Coconut chia seed water

4- Mint lassi

5- Amul buttermilk [salted]

6- Sattu drink

LUNCH OPTIONS-

30 mins prior to lunch take apple cider vinegar

[mix 1tsp ACV in water]

- 1- Rajma veggies salad
- 2- Beetroot raita
- 3- Moong dal with palak sabji
- 4- 1oats/ ragi roti+any curry+salad
- 5- Barlay daliya+salad

EVENING- SNACK- 1glass cold coffee without sugar [you can have 2marie biscuit only any other biscuit/ cookies are not allowed]

BEFORE DINNER – drink 1glass chia seed water 20mins prior to dinner [soak chia seed in water for 15-20min]

DINNER OPTIONS-

- 1- Rolled oats pudding with fruits
- 2- Sautéed vegetables
- 3- Egg whites salad
- 4- Strawberry or papaya smoothie
- 5- Wheat Steam momos [3-4 pcs] [you have this any one day]
- 6- Gheeya salad

POST DINNER- 1tsp saunf with 1glass lukewarm water

