

DETOX PLAN

Early morning: blend 1 amla in 1 glass lukewarm water and drink it

Breakfast: 1 bowl mix fruit chaat/sprouts chaat

Mid-morning snack: 1 cup ginger lemon tea

Lunch: moong dal khichdi [add lot of veggies]/1 multigrain roti+any green vegetable+salad

Evening snack: 1 glass coconut water+handful of nuts

Dinner: 1 bowl vegetable clear soup+grilled paneer /1 bowl dal soup

Post dinner: 1 cup ginger tulsi tea [add 1 glass water, 7 tulsi leaves, grated ginger boil for 7-10 mins, add lemon juice and drink it