

## **PHASE V<sub>k</sub> - Plan for 7 days.**

**Early Morning (after waking up):** 2 glasses of warm water with 1 tsp cinnamon powder + 4 almonds.

### **Breakfast:**

1 cup Muesli with skimmed milk (add flax seeds powder)

**OR**

2 besan chilla with green chutney

**OR**

1 bowl oats upma with green peas

**OR**

2 big size idli + 1 bowl sambar (avoid coconut chutney)

### **Mid-Morning:**

3 boiled egg whites

**OR**

1 bowl mix sprouts salad

**Lunch:** Eat 1 small bowl of salad first then have

1-2 missi roti + 1 katori vegetable sabzi + 1 katori dal (any)

**OR**

Grilled chickens or fish 5 pieces with pudina chutney + 1 glass buttermilk + 1 bowl salad

**OR**

Paneer sandwich (Use 2 slices brown/multigrain bread) + 1 glass buttermilk

**OR**

1 katori hummus with carrot or cucumber sticks + 1 glass buttermilk

**OR**

1 bowl soya chilli with added vegetables + 1 slice of toasted multigrain bread

**OR**

1 bowl chickpea salad with added vegetables.

**(Do not have one option for more than 3 days)**

**Evening:** 1 bowl fruit plate

**Dinner:**

1 small bowl salad + 1-2 missi roti +1 katori vegetable sabzi (avoid potato, sweet potato, yam) (have methi or cauliflower with peas or green peas or paneer bhurji)

**OR**

5 pieces of grilled paneer/fish/chicken tikka + green pudina chutney + 1 bowl salad

**Do Not Skip Any Meals OR Change Any Combination.**

**ALL THE BEST!!!**