

**Early Morning** – 1 glass lukewarm lemon water (1/2 lemon) + 1 Black pepper  
(swallow)

**Morning:** 1 cup green tea

**Breakfast:**

1 open toast sandwich (add 30 grams paneer and vegetable) (1 whole wheat/  
multigrain bread)

**OR**

1 bowl sauteed carrot stick with flaxseed raita (1 cup curd + 1 tsp roasted  
flaxseeds powder)

**OR**

2 besan / moong chilla + mint chutney

**OR**

1 glass vegetable juice

Or

Fruit smoothie

**Midmorning:** 5 almonds

**Pre lunch :**

1 glass buttermilk

**Lunch/ Dinner Options:**

1 wheat oats roti + 1 bowl sabzi + 1 bowl salad

**OR**

1 bowl curd rice/ moong dal khichdi/ dalia pulav + 1 bowl salad

**OR**

1 bowl paneer (any preparation) (paneer – 50grams) + 1 bowl salad/ soup

**OR**

1 bowl vegetable soup + 1 bowl salad

**OR**

1 jowar/ bajra roti + 1 bowl ussal/ missal/ pulse curry + 1 bowl tomato cucumber  
salad

**OR**

1 bowl sprouts salad (chana/ moong/ moth) + 1 bowl salad/ soup

**Post lunch and dinner : 30 mins after meals.**

1 tsp fennel seeds + 1 glass warm water

**Evening snacks :**

1 small cup of roasted chana and peanuts mix (unsalted) 80% chana + 20% peanuts

**OR**

1 cup jowar puffs

**OR**

1 cup lemon popcorn

**At Night:** 1 cup milk +  $\frac{3}{4}$  tsp haldi and pepper powder ( boil well and have)



## **INSTRUCTIONS**

Use 3 tablespoon oil/day. No refined flour, sugar products, juice, fried foods.

Restrict mango and banana.

Restrict potato and rice.

***Do not skip any meals or change any combination.***

**Check weight on empty stomach after completing this diet & inform me.**

**ALL THE BEST!!**

