

Early morning: 1 cup of cinnamon ginger tea (boil one glass of water add 2 inches of cinnamon stick, 1 inch of ginger and half orange peel let the water boil for 5 minutes, strain and drink it warm)

Breakfast: 1 cup of tea/coffee (optional)

Day 1: 2 oats chilla with 1tbsp of mint chutney + one small bowl of curd

Day 2: 1 paneer vegetable sandwich (use 30 grams paneer)

Day 3: 1 egg roll or one bowl of scrambled egg white with 2 bread slices

Day 4: 1 bowl of poha + 1 fruit (apple, orange, papaya)

Day 5: 1 bowl of overnight soaked oats with chia seeds and walnuts

Day 6: one bowl of fruits + 3 walnuts and 5 almonds

Day 7: 2 boiled egg whites + one bowl of fruits

Mid -Morning: 1 cup green tea+ 1 fruit + 5 almonds (Soaked and peeled)

Lunch:

Day 1: 1 bowl of paneer vegetable stir fry

Day 2: 1 bowl of cooked vegetable (dry form) + one Jowar roti + one bowl of salad+ one bowl of curd (add 1tbsp roasted flaxseeds to curd)

Day 3: 1 paneer/ egg vegetable wrap (use wheat flour to make the wrap)

Day 4: 1 bowl sprouts salad + one bowl of tomato soup

Day 5: 1 bowl of oats upma+ one bowl of curd

Day 6: 1 bowl of vegetable khichadi + one bowl of dal

Day 7: 2 mix vegetable parantha + one small bowl of curd

Mid-evening snacks: 1 cup of green

- 1 bowl of Salad
- 1 bowl of popcorn
- 1 bowl of makhana
- 1 bowl of soup
- 1 fruit
- 3-4 pcs of dhokla

Dinner:

Day 1, 5: 1 multigrain roti + one bowl of green leafy vegetable + one bowl of salad + one small bowl of curd/dal

Day 2, 3: 1 bowl chana chaat + one bowl of salad

Day 4, 7: 1 bowl of dalia khichadi + 2 boiled egg whites

Day 6: 1 bowl of egg soup + 1 bowl of salad or stir fry vegetables (add 30 grams paneer to salad)

Bedtime: 1 glass of warm water + one tbsp of lemon juice

ALL THE BEST