

**Early morning:** Jeera water one glass soaked overnight (one tbsp.)

**Breakfast:**

**2 days:** Suji upma ( one bowl)/ Millet upma

**2 days:** Oats porridge ( milk 200ml + dry fruits almonds, walnuts, raisins) (one bowl)

**2 days:** 2 Besan chilla + green chutney

**1 day:** Multigrain veg stuff sandwich

Mid-morning: One fruit + soaked almonds (5)

**Lunch:**

**2 days:** Rice + Dal (moong, masoor) + sabji (any)

**2 days:** 2 Oats wrap (veggies added like capsicum, paneer, carrots, tomato, corns)

**2 days:** Rajma salad (added veggies) ( one bowl)

**1 day:** 2 Plain rawa dosa + sambhar

**Evening Snacks:** 1 cup Tea (optional with less sugar) or green tea

**Makhana or Sukhi bhel or roasted channa**

**1 glass lemon water luke warm before 5 min of dinner.**

**Dinner:**

**3 days:** 2 Oats roti + sabji + salads

**2 days:** Spicy corn chat + salads ( one bowl)

**2 days:** 2 Moong Dal chilla + green chutney

**Green tea one hour after dinner**

***ALL THE BEST!!!***