

Early morning: 1 glass lemon ginger water.

Breakfast: 1 cup tea/coffee with less sugar (optional)

3 days: 1-2 besan chilla with green chutney

2 days: 3 egg whites (cook it yourstyle, add lots of veggies)

2 days: 1 bowl poha (add green peas, avoid peanuts)

Mid-Morning: 1 fruit

Lunch:

3 days: 1 wheat + oats roti + 1 bowl vegetable sabzi + 1 bowl salad + 1 bowl dal/pulses/chicken curry

2 days: 5-6 pieces tomato paneer/chicken tikka + 1 bowl salad

2 days: 1 bowl vegetable/ 100g chicken pulav (use brown rice) + 1 bowl curd + 1 bowl salad

Evening:

1 fruit (any)

OR

1 cup makhana / 1 khakhra

Pre-dinner: 1 glass chia seeds water (10 mins before lunch)

Dinner:

2 days: 1 bowl dal khichdi + 1 bowl salad

3 days: 1 bowl rawa upma + 1 bowl soup

2 days: 5-6 pieces chickpea tikki with green chutney + 1 bowl salad

At Bedtime: 1 cup fennel tea

ALL THE BEST!!

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let me know)

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate