

Early morning: 1 glass of warm water with one tbsp of apple cider vinegar (consume it warm)

Breakfast: 1 cup of tea/coffee (optional)

Day 1: 1 glass of oats apple smoothie with pomegranate toppings

Day 2: 1 bowl of oats upma + one fruit (avoid banana, plums, chickoo, figs)

Day 3: 2 Idli with 1 bowl of sambhar and 1 tbsp of tomato chutney

Day 4: Mix Fruit salad with the topping of chia seeds+ almonds+ walnuts

Day 5: 1 bowl of poha + 1 fruit (apple, orange, papaya)

Day 6: 1 bowl of overnight soaked oats with chia seeds and walnuts

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

Mid -Morning: 1 cup green tea

- Fruits
- 5 almonds and 3 walnuts
- 1 bowl of Jowar puffs

Pre- lunch: 1 glass of chia seeds water with one tbsp of lemon juice

Lunch:

Day 1, 5: 1 katori cooked vegetable + one bowl of dal+ one roti (Jowar, ragi, bajra) + one bowl of Salad

Day 2, 7: 2 vegetable Sandwich with paneer filling + one tbsp of mint chutney

Day 3, 6: 1 bowl of sprouts salad+ one bowl of soup (tomato/ mix vegetable)

Day 4: Chilly paneer (with 75 grams of paneer)

CHEW ONE TBSP OF FENNEL SEEDS AFTER LUNCH

Mid-evening snacks: 1 cup of green / one glass of buttermilk

- 1 bowl of bhel (without sev and farsan)
- Makhana
- One roti sandwich
- Chana chaat
- Handful of roasted chana

Dinner:

Day 1, 3: One bowl of wheat pasta (indian style avoid adding sauces) + one bowl of paneer stir fry

Day 2, 5: One bowl of Dalia pulav + one small bowl of curd + one bowl of Salad

Day 4, 7: one bowl of soup + one bowl of chana chaat

Day 6: Cheat meal (Enjoy)

Bedtime: 1 glass of warm water+ 1 tsp of cumin seeds powder+ 1tsp of fennel seeds powder

ALL THE BEST

