

## **Plan for 7 days**

**Early Morning :** 1 glass water with jeera + dhaniya + methi (soak all the ingredients overnight in water strain and have it in the morning)

### **Breakfast:**

**2 days :** 1 Egg white sandwich + 1 fruit

**3 days :** 1 Paneer dosa/ 2 moong dosa + green chutney

**2 days :** 1 Katori poha/ upma + 3 boiled egg whites

**Midmorning :** 1 glass coconut water + 2 tbsp mix seed (pumpkin ,flaxseeds, sunflower seeds)roasted

**Pre- lunch :** 1 glass Chia seeds water (15 minutes before lunch)

### **Lunch:**

**2days :** 1 Roti + 1 katori chicken gravy (2 medium size pc)/ 1 whole egg curry

**3days :** 1 bowl egg or sprout salad + 2 Moong chilla/ besan chilla/ 1 katori moong dal khichdi

**2 Days:** 2 moong paratha/ 1 chicken roll + 1 bowl salad

**Evening:** 1 cup green tea + 1 tbsp roasted flaxseed

**Pre-dinner :** 1 glass chia seeds water (15 minutes before dinner)

### **Dinner:**

**2 days :** 1 Bowl Chicken or egg pulao + 1 katori curd

**2 days :** 1 bowl chicken or sprout soup + 2 oats chilla + green chutney

**2 days :** 1 Bowl Dalia khichdi/ oats khichdi + 1 katori curd

1 day: 2 small Ragi dosa + tomato chutney

Bed time: 1 glass milk