

Early morning: 1 tsp Moringa powder with 1 glass warm water

OR

1tsp in 1 glass of luke warm water + ½ lemon water

BF:

Option 1 – 2 brown breads + hung curd dressing

(hung curd + garlic + salt + black pepper + bell pepper + cucumber & onion chopped)

Option 2 - 2 brown bread vegetable sandwich + 1 cup tea.

Option 3- 1 bowl poha / upma + 1 cup tea / coffee.

Mid morning: Any 1 fruit except banana, mango, chiku & grapes

Green tea after 15min.

Lunch:

Option 1-1 katori vegetables sabzi + 1 onion stuffed paratha (less oil) +2 tbsp green chutney + 1 bowl salad.

Option 2- 1 vegetable stuffed paratha (avoid corn and potato) (less oil) +2 tbsp green chutney + 1 bowl salad

Option 3- 1 dal ka paratha(any dal) (less oil) + 2 tbsp green chutney + 1 bowl salad

Evening: 1 cup tea/ coffee +

1 bowl popcorn

OR

1 bowl salad (onion +pepper +tomato +bell pepper +kala namak + kurmura ½ cup).

Dinner:

Day 1- 1 bowl daliya.

Day 2- 1 bowl vegetable oats.

Day 3- 1 bowl yellow dal/ sambar + 1 bowl salad.

Day 4- 1 bowl soup + 1 bowl salad.

Day 5- 1 glass milk + 1-2 fruit any

Repeat any 2 options for day 6 & 7

At night: At bedtime -1 tsp fennel seeds powder + 1 glass lukewarm water.

Guidelines:

- *Oil consumption: 3 tbsp/day*
- *Daily water consumption: 2.5-3 liters.*
- *Daily walk: 30-45min*

ALL THE BEST!!!