

Early morning:

1 glass jeera water (boil 1 tsp jeera seeds in water, strain and have water)

Breakfast:

1 bowl oats smoothie (1 cup milk / yogurt+ 1 fruit (except banana) + 1 tbsb sabza seeds) (can add 1 date for sweetness)

OR

1 glass apple cucumber juice + 5 almonds + 2 walnuts

OR

1 cup moong with 1 khakhra

DETOX

Mint + jeera + ginger lemon water

Mid morning:

1 cup roasted chana/ 1 cup makhana

Pre Lunch –

1 bowl salad / soup (20 mins before lunch)

Lunch

2 Day: 1 missi roti / multigrain roti + 1 bowl sabzi + 1 cup curd

2 Day: Paneer tikka with sauté veggies (capsicum, onion ,tomato)

2Day : 2 moong chilla + chutney

1day : 4 Hara bhara kabab with chutney

Evening:

1 fruit

Late evening:

1 bowl roasted chana

Or

1 bowl kurmura bhel

Or

1 cup curd + 1 tbsp sunflower seeds / pumpkin seeds

Pre Dinner—

1 glass water + 1 tsp flaxseeds (chew seeds well and gulp it with water)
(20 mins before dinner)

Dinner:

2 Day : 1 bowl Mix vegetable soup / salad and 50 grams paneer (any preparation)

2 Days : 1 bowl chana chaat (chana boiled + added vegetables) + salad

2 Days: 5 piece of sprouts dhokla with chutney

Derox 1 day : 1 bowl masala oats with salad

Bed time :

1 glass water + 1 tsp fennel seeds + 1 tsp cumin seeds

Guidelines:

1. Oil/ghee consumption: 3 tablespoon/ day
2. Daily water consumption: 2-3 liters
3. Daily exercise - 30-50min
4. You can interchange lunch & dinner options.
5. Have minimum 2 hour gap between 2 meals.

Do Not Skip Any Meals Or Change Any Combination.

- Do not check your weight daily.
- **If hungry -**

Have

1 khakhra

Or

1 fruit

Or

1 date

Or

1 cup lemon popcorn

ALL THE BEST!!!

