

**Early morning:** 1tsp Jeera(chew that) + 1 tbsp methi seed water(soaked the methi seed over night and then next morning have on that water)

**Breakfast:**

**2 days:** 2 oats chilla + green chutney

**3 days:** Fruit plate (one bowl) + 3 almonds

**2 days:** 2 Moong dosa + green chutney

**Midmorning:** Buttermilk (one glass) or 1 lemon water (no sugar,honey or jaggery)

**Lunch:**

**3 days:** 1 bowl dal+ 1 bowl vegetable sabji+ 1 bowl salad

**2 days:** 1 bowl mix vegetables soup or tomato soup (one bowl)

**2days:** Stir fry veggies (any available)

**Post lunch:-** 1 cup green tea (no sweetners)

**Evening Snacks:** 1 cup Tea (optional with less sugar) + 1 fruit or puffed jawar

**1 glass chia seeds water before 15 min of dinner.( one tbsp. soaked for 1 hr)**

**Dinner:**

**2 days:** Mix Vegetable soup + salads

**2 days:** One plate fruit (any available)

**2 day:** Ragi porridge (one bowl)

**1 day:** 4-5 pieces of paneer tikka + salads

**Post Dinner** – 1 cup turmeric tea or green tea

***ALL THE BEST!!!***