

Early Morning: 1 glass mint leaves water (Soak overnight)

Breakfast:

1. 1 paneer sandwich (2 slices of brown bread)
2. 2 moong cheela with green chutney
3. 1 bowl poha

Mid morning: 1 fruit OR 1 glass buttermilk

Lunch & Dinner Options:

1. 1 curd sandwich + 1 bowl salad
2. 1 dal paratha + 1 bowl curd + 1 bowl salad
3. 1 bowl paneer bhurji + 1 bowl vegetable sabzi + 1 multigrain roti + 1 katori curd/dal
4. 1 bowl chickpea salad + 1 bowl salad/soup
5. 5-6 pieces paneer tikka + 1 bowl salad

Evening Snack:

1. 1 glass buttermilk
2. 1 bowl roasted chana

Bedtime: 1 cup milk