

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

Breakfast:

1. 1 Chickpea sandwich (2 slices of brown bread)
2. 1 bowl boiled chana chaat
3. 1 paneer paratha with 1 katori curd

Mid morning: 1 glass buttermilk + 1 tsp jeera powder

Lunch & Dinner Options:

1. 1 bowl paneer/soya pulav + 1 katori raita
2. 1 bowl soya chilly + 1 bowl moong salad
3. 1 bowl paneer bhurji + 1 bowl vegetable sabzi + 1 multigrain roti + 1 katori curd/dal
4. 1 bowl rajma dal with veggies + 1 glass buttermilk
5. 2 besan dal chilla with 1 katori curd

Evening Snack:

1. 1 glass sattv water
2. 1 bowl fruit + 1 tsp flax seeds powder
3. 1 bowl sprouts

Bedtime: 1 cup milk