

Early morning: 2 glasses of methi seeds water – soak overnight two tablespoon of methi (500ml) + 1 black pepper (swallow)

BF:

2 days: 1 glass of skimmed/ toned milk (250 ml) + 1 apple/ 1 cup papaya/ 1 pear

2 days: Mix vegetable Paratha (1) + one cup curd.

2 days: 2 Moong chilla + green chutney

1 day: Poha (avoid peanuts)

Mid morning: 1 fruit

Lunch:

2 days: 1 oats and wheat flour mix roti + 1 katori vegetable (any) + salads

2 days: Chick pea salad (one bowl)

2 days: Moong dal khichdi (one bowl)

1 day: Cheat day (refer restaurant guide avoid oily and sweets intake)

Evening: 1 cup of skimmed milk

Or 1 cup tea + 2 digestive/marie biscuits Or 1 cup roasted chana

Or 1 cup popcorn

Or 1 glass of buttermilk

Dinner:

2 days: Oats upma (one bowl)

2 days: Saute mix vegetables (any) + salads.

2 days: Daliya khichdi (one bowl)

1 day: Sprouts salads (one bowl) any SPROUTS

ALL THE BEST!!!