

## **7 days plan**

**Early morning:** One glass luke warm Jeera water (boil 1 tbsp of jeera in 1 glass of water)

**Breakfast:** 1 cup tea/coffee with less sugar (optional) +

**2 days:** 1 bowl Vegetable upma/poha

**2days:** 1 Paneer stuff oats flour roll(75 gm of paneer)

**3 days :** 2 bajra idli + 1 katori sambar

**Mid morning:** 1 glass Mint-coriander juice or fruit

**15 min before lunch:** 1 glass chia seeds water

### **Lunch:**

1 -2 barley/ Multigrain roti + 1 katori vegetable + 1 bowl salad

**OR**

Paneer tikka roll (use wheat flour) (4-5 small pieces) + 1 bowl salad

**OR**

1 bowl daliya + 1 bowl salad

**Evening:** 1 cup tea/coffee

+ handful roasted makhanas/chana (20 mins after having tea/coffee)

**15 min before dinner :** 1 glass chia seeds water

### **Dinner:**

**4 days-** 1-2 barely/ragi/multigrain roti + 1 katori vegetable sabzi

+ 1 bowl salad

**3 days-** 1 bowl palak khichdi/moong dal Khichdi/tava sprouts pulao (use brown rice) + 1 bowl veg raita

**At Night:** 1 glass dhania jeera water

**You can take 1 wheat bran/multigrain roti instead of barley roti**

### *Recipe*

1. ***Dhaniya jeera water*** - Soak by evening 1tsp jeera +1tsp dhania seeds overnight boil in morning strain jeera n dhaniya just have lukewarm water
2. ***Chia seed*** - Take 1tsp chia seeds /Isabgol soak in a glass of water for 15 mins they will become jelly like have water soaked with chia seeds
3. ***mint coriander juice*** - take handful mint leaves +handful coriander leaves mix in a glass of water add chaat masala n lemon juice

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

### **Have a note :**

- Do not have one option for more than 3 days
- Do Not Skip Any Meals OR Change Any Combination.
- Stay physically active everyday.
- Water intake : 3-4 lit.
- Have green tea one hour after your lunch and dinner.
- Household measurements for this program:  
1 bowl = 200ml  
1 katori/cup = 100ml  
1 glass = 200ml

**Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let me know)**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

**Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let me know)**

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate