

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

Breakfast:

1. 2 mixed sprouts dosa + 1 bowl sambar
2. Oats moong toast (use 2 brown breads)
3. 1 bowl poha with sprouts (2 tbsp)
4. 2 boiled egg whites+100 ml milk(without sugar and malai)

Mid morning: 1 fruit (add 1 tsp seeds)

Lunch & Dinner Options:

1. 1 bowl 2 egg white/soyabean/chicken pulav + 1 katori raita
2. 1 dal/chickpea paratha + 1 bowl curd + 1 bowl salad
3. 1 bowl black chana/chicken salad/ragda chaat + 1 glass buttermilk
4. 1 bowl rajma dal with veggies + 1 glass buttermilk
5. 2 besan dal chilla with 1 katori curd + salad
6. 1 bowl salad +1 katori rice+1 katori dal/chicken curry + 1 katori rice (have this option only twice in a week)

Evening Snack:

1. 1 glass sattv water
2. 1 glass buttermilk
3. 1 cup roasted chana

Bedtime: 1 cup ajwain tea