

Early morning: 1 glass of methi seeds water (Soak 1tsp of methi seeds overnight in one glass of water. Boil it in the morning and consume it warm)

Breakfast: 1 cup of tea/coffee/green tea (optional)

Day 1: 2 vegetable paneer sandwich

Day 2: 1 bowl of oat meal with apple walnut toppings

Day 3: 2 idli + 1 bowl of sambhar + one tbsp of tomato chutney

Day 4: 1 bowl of oats upma + 1 fruit (apple, orange, papaya)

Day 5: 1 bowl of fruit salad + one glass of milk

Day 6: 2 besan chilla + 1 small bowl of curd

Day 7: 1 glass of fruit smoothie

Mid -Morning: 1 cup green tea

- One fruit + 5 almonds and 3 walnuts

Lunch:

Day 1: 1 bowl of chana chaat

Day 2: 1-2 bajra roti+ one bowl of dal+ one bowl of cooked vegetable+ one bowl of salad

Day 3: 1 bowl of vegetable soup + 1 bowl of vegetable paneer stir fry

Day 4: 1 bowl of green leafy vegetable+ 1 bowl of dal + 1 bajra roti+ 1 bowl of salad

Day 5: 1 bowl of vegetable khichadi+ 1 bowl of curd

Day 6: one bowl of vegetable raita+ one bowl of paneer stir fry

Day 7: 1 bowl of tomato soup+ one bowl of salad

Mid-evening snacks: 1 cup of green

- 1 fruit
- 1 bowl of popcorn
- 1 bowl of makhana
- 1 fruit

Dinner:

Day 1: 2 besan chilla + one cup of curd

Day 2: one bowl of daliya khichadi+ one bowl of vegetable raita

Day 3: one bowl of paneer chilly

Day 4: 1 bowl of soup + 1 bowl of salad or stir fry vegetables
(add 30 grams paneer to salad)

Day 5: 2 vegetable uttapam + 1 tbsp of tomato chutney

Day 6: 1 vegetable paneer wrap + one tbsp of mint chutney

Day 7: 1 bowl of vegetable+ 1 bowl of dal + 1 bajra roti+ 1 bowl of salad

Bedtime: 1 glass of jeera water

