

**Early morning :** Jeera water one glass soaked overnight (one tbsp.)

**Breakfast :**

**1 day:** Suji upma (one bowl)

**2 days:** 2 small ragi dosa + sambhar

**2 days:** Poha (avoid peanuts) one bowl

**2 day: 1** Vegetable or paneer sandwich

**Midmorning:** Fruit (avoid pineapple, lichi, mango, chickoo, custardapple, grapes)

**Lunch:**

**2 days:** 1 Oats + wheat flour veg wrap (add veggies stuffing inside the wrap)

**2 days:** Sprouts chaat (one bowl) any

**2 days:** 1 beetroot patatha + curd

**1 day:** oats khichdi (one bowl)

**Evening Snacks:** 1 cup Tea (optional with less sugar)

**Makhana or Jowar puffs or 2 digestive biscuits**

**1 glass chia seeds water before 15 min of dinner.**

**Dinner:**

**2 days:** dal khichdi (one bowl)

**2 days:** Thick dal soup + salad (if hungry have one besan chilla)

**2 days:** Oats moong dal tikki (4-5 small pisces)+ green chutney

**1 day:** 2 Cucumber pancake + green chutney

***Chia seeds water:***

Soak 1 teaspoon chia seeds in 1 glass of water for 15min they will become jelly like then have with water.

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