

Early morning: 2 glasses of methi seeds water – soak overnight two tablespoon of methi (500ml)

Breakfast:

2 days: Apple banana chia pudding (one glass)

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

2 days: curd dressing brown bread vegetable sandwich

1 day: 2 Oats chilla + green chutney

Mid-morning: 1 fruit + Almonds (5) soaked

Lunch:

2 days: Daliya khichdi (one bowl)

2 days: 1 brown bread sandwich paneer or vegetable filling

2 days: Moong Dal khichdi (one bowl)

1 day: Chick pea salad (one bowl)

Evening: 1 cup of skimmed milk

Or 1 cup tea + 2 digestive/marie biscuits

Or 1 cup roasted chana

Or 1 cup popcorn

Or roasted channa

Or jowar puffs

Jeera water half an hr before dinner (1 glass)

Dinner:

2 days: veg kabab (4-5 pieces) + green chutney

2 days: 2 Besan chilla + green chutney

2 day: 4-5 pieces paneer chilly + salads

1 day: vegetable soup + 1 brown bread toast

ALL THE BEST!!!