

Early morning: 1 glass jeera water (Soak jeera seeds overnight in one glass water. Boil the water in the morning and consume warm)

Breakfast: 1 cup tea/coffee with less sugar

Day 1: 1 cup of vegetable poha + 1 fruit (apple, pear, papaya, muskmelon, orange)

Day 2: 3 Palak idli+ 1 bowl of sambhar

Day 3: 2 Moong dal chilla+ 1 tbsp of mint chutney

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

Day 5: 1 vegetable parantha+ 1 small bowl of curd

Day 6, 7: 1 bowl mix fruit salad (avoid fruits like banana, chikoo, custard apple, plums, figs)

Mid- morning: 1 cup green tea

- 1 handful Roasted chana
- 1 cup makhana
- 1 fruit
- 2 khakra small size
- 5 almonds 3 walnuts
- 1 bowl sukhi bhel without sev and farsan
- 1 bowl of popcorn

Pre- lunch: 1 bowl of vegetable Salad with curd as dressing (15 minutes before lunch)

Lunch:

Day 1, 3: 1-2 roti+ 1 katori of green leafy vegetable+ 1 cup of dal

Day 2, 4: 2 vegetable uttapam+ 1 tbsp of chutney+ 1 cup sambhar

Day 5, 7: 1 cup dalia khichadi+ 1 small bowl of curd

Day 6: Paneer chilly with a lot of vegetables (Use 75 grams of paneer)

Mid- evening snacks: 1 cup Green tea

Day 1: 1 bowl sprouts salad

Day 2: 1 bowl soup

Day 3: vegetable sticks with hummus dip

Day 4: 1 bowl of chickpea chaat

Day 5: 1 cup oatmeal with apple and pomegranate toppings

Day 6: 1 bowl Peas chaat

Day 7: 1 cup muesli+ 1 small cup of milk

Pre- dinner: 1 glass chia seeds water (15 minutes pre- dinner)

Dinner:

Day 1, 3: 1 bowl of pea pulav+ Vegetable raita

Day 2, 4: 1 bowl palak dal+ 1 wheat roti+ 1 katori vegetable+ salad

Day 5, 7: 2 Roti pizza without cheese

Day 6: 1-2 moong dal chilla with chutney + salad

Chew fennel seeds after dinner.

Guidelines:

- ◆ Stick to the plan as much as you can.
- ◆ Whenever you feel hungry have fruits or coconut water or buttermilk.
- ◆ Oil consumption: 3 tbsp./day
- ◆ Daily water consumption: 2.5-3 liters.
- ◆ Daily walk: 30-45min

Have homemade paneer chilly and do not use cornstarch.

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!!!