

PHASE Vk-Plan for 7 days.

Early Morning (after waking up):

1 glass of warm water with 1 teaspoon cinnamon powder + 4 almonds.

Breakfast: 1 cup tea/coffee with less sugar (optional) +

2 besan chilla (CD size) + mint chutney

OR

1 bowl upma with green peas

OR

2 idli (rawa/ oats/ ragi idli) + 1 bowl sambar (avoid coconut chutney)

Mid-Morning: 1 fruit (any fruit except banana, chikoo and custard apple)

Lunch:

Have 1 bowl salad first

Then have;

1-2 missi roti + 1 katori vegetable sabzi (any vegetable except potato, yam and sweetcorn)+ 1 katori Dal

OR

Paneer sandwich (Use 2 brown/multigrain bread and 75 gm of paneer)

OR

1 cup hummus with 1 bowl carrot or cucumber sticks.

OR

1 bowl soya chili with added veggies+1 glass buttermilk

OR

1 bowl chickpea salad with added veggies+1 glass buttermilk

Evening:

1 cup tea/ coffee (optional)+
1 bowl Mix sprout salad

OR

1 bowl makhana

Dinner:

1 bowl salad + 1-2 missi roti + one katori vegetable sabzi
(methi or cauliflower with peas or green peas or paneer bhurji or
moong dal)

OR

5 pieces of grilled paneer tikka (75 gm of paneer) + mint chutney +
1 bowl salad

OR

1 bowl dalia + 1 bowl salad

Bed time : 1 cup jeera water

ALL THE BEST !!

Have a note :

- Do not have one option for more than 3 days
- Do Not Skip Any Meals OR Change Any Combination.
- Stay physically active everyday.
- Water intake : 3-4 lit.
- Have green tea one hour after your lunch and dinner.
- Household measurements for this program:
 - 1 bowl = 200ml
 - 1 katori/cup = 100ml
 - 1 glass = 200ml

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet

suggested let me know)

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate