

Early morning: 1 cup of cinnamon water

Breakfast: 1 cup of tea/coffee

Day 1, 3: overnight soaked oats with chia seeds + apple and pomegranate toppings

Day 2, 4: 1 bowl of muesli with 1 cup of milk with the topping of almonds and walnuts

Day 5, 7: 2 Dosa with 1 bowl of sambhar and 1 tbsp of tomato chutney

Day 6: Egg omelet with 2 slices of multigrain bread

Mid -Morning: 1 cup green tea

- Sprouts chaat
- Fruits
- 1 cup of kurmura chiwda
- 2 boiled egg whites
- 2 oats biscuit with 5 almonds
- 1 cup of popcorn
- 1 cup of makhana

Pre- lunch: 1 bowl of vegetable raita

Lunch:

3 days: 1 bowl of chicken or fish curry+ 1 bajra/ ragi roti

2 days: 1 bowl of Sprouts Salad+ 1 bowl of tomato soup

2 days: 1-2 vegetable sandwich (Use whole wheat or multigrain bread slices) with egg bhurji as filling

Evening snacks: 1 cup green tea

- 1 cup Roasted chana
- 1 cup Jowar Puffs
- 2 methi khakra
- 1 glass of buttermilk
- 1 cup of popcorn
- 2 methi thepla
- 2 small pieces of banana walnut cake

Pre- dinner: 1 glass of chia seeds water

Dinner:

2 days: 1 bowl of moong dal vegetable khichadi + 2 boiled egg whites + 1 bowl of salad

2 days: 1 cup of vegetable raita+ 1 bowl of chicken stir fry (add vegetables and 75 grams of chicken)

2 days: 1 cup of Bhaji + 2 pavs with 1 bowl of salad (use amul lite butter)

1 day: 1 bowl of salad+ 1 bowl of soup

Bedtime: 1 glass of warm water+ 1 tsp of cumin seeds powder+ 1tsp of fennel seeds powder

Instructions:

- ❖ 3-4 litres of water
- ❖ Oil- 3 tbsp of oil per day
- ❖ Whenever you feel hungry you can have any options from the snacks

❖ Do atleast 30 minutes of physical activity.

ALL THE BEST