

Early Morning (after waking up) – 1 glasses of methi seeds water. Soak the 1 tablespoon of methi seeds overnight then strain the seeds & drink the water + 1 black pepper (swallow).

Breakfast: 1 cup tea with less sugar (optional)

2 days: Multigrain bread toast sandwich egg whites scrambled as a feeling

2 days: 1 cup oats upma with green peas.

2 days: 1 cup vegetable poha (avoid peanuts)

1 day: 2 Besan chilla + green chutney

Mid-Morning: 5 almonds + 2 walnuts or one fruit (avoid banana, pineapple, grapes, custard apple, chikoo, lichi,)

Lunch-

Eat 1 small plate of salad first.

2 days: 1-2 no oil roti (half wheat bran + half wheat flour) + 1 katori vegetable (sabzi).

2 days: 1-2 Jowar roti + Sabji (avoid potato, yam, sweet potato) or chicken curry (3-4pieces)

2 days: Rice (one bowl) + Dal (moong, tur, masoor) + sabzi

1 day: Vermicelli upma (one bowl)

Mid Evening: tea with 2 marie biscuits

or 1 small bowl of roasted chana

or 1 bowl of popcorn (without butter)

or 2 small khakra

10min before dinner: 1 glass buttermilk

Dinner- salad first then

3 days: 1-2 roti (half wheat bran + half wheat flour) + 1 katori dal (dont have rajmah, chana or kadhi this week) + 1 cup cooked vegetable (sabzi).

2 days: 1-2 roti + sabji

1 day : Sprouts chat (one bowl) any sprouts

1 day: chicken tikka (4-5 pieces) + salads

Turmeric tea after one hour of dinner

Turmeric Tea

Ingredients:

- 1. Turmeric powder- 2/3rd teaspoon***
- 2. Ginger or ginger powder- 1/5th teaspoon***
- 3. Cinnamon powder- 1/5th teaspoon***
- 4. Black pepper powder- 1/5th tsp***

Tips to follow:

- Avoid maida or any other bakery products
- Drink 3 lts of water per day
- Avoid junk, oily, fast food
- Have 3 tbsp of oil per day
- Exercise: Daily walk for 40-45 minutes per day (brisk walk)