

Phase VS – Plan to accelerate metabolism For 7 days

Early Morning (*after waking up*) – 1 glass/1 tsp overnight soaked methi dana(overnight soaked 1 tsp of methi seed in 1 glass of water) + 3 soaked almonds

Breakfast: 1 cup tea/coffee with less sugar (optional)
1 stuffed besan cheela (onion, tomato, cabbage)

OR

1 bowl poha (no peanuts)

OR

1 glass skimmed milk + one fruit(any fruit except banana, chikoo and custard apple)

Midmorning: 1 fruit(any fruit except banana, chikoo and custard apple)

Lunch-:

1 bowl salad + 2 small Besan roti (half besan + half wheat flour)+ 1 katori sabzi

OR

1 bowl salad + 1 bowl vegetable pulav (use brown rice) + 1 katori curd

Evening: 1 cup tea/coffee optional +1 handful roasted chana

Late evening: 1 bowl makhana/jowar puffs/popcorn

Dinner -

1 bowl salad + 1 wheat bran roti + 1 katori paneer bhurji/lentil dal

OR

1 bowl vegetable soup + sautéed veggies (any veggie 1 bowl)

Have roti + sabzi+ salad for 3 days & soup & sabzi for 4 days.

Night – 1 cup fennel tea (boil 1 tsp of fennel seed in 1 cup of water)

Do not skip any meals OR change any combination.

Recipe

Fennel Tea (Avoid honey)

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