

Early morning: 4-5 overnight soaked raisins(drink the water in which it is soaked)

With breakfast have 1tsp of chia seeds & pumkin seeds (Roasted)

BF:

Day 1,5- 1 curd sandwich

Day 2- 1 green thepla+1 bowl curd

Day 4 -1-2 jowar dosa+ 1 bowl sambar

Day 3,6- 1 bowl fruit salad+1 cup curd (Sprinkle roasted flaxseeds,chiaseeds, sunflower seeds)

Day 7- Repeat any 1 day

After 30min breakfast have lukewarm water 1 glass.

Mid morning:

1 glass lemon water

Or

1 glass coconut water without malai

Or

4 pieces of tomato paneer

Or
Fruits

Lunch :

Day1- 1 katori brown rice + sabzi 1 katori + salad mixed with curd

Day 2,5 - 1 bowl sprouts salad +1 bowl curd

Day 3 – 1 roti+1 bowl sabzi+1 bowl dal

Day 4 1 katori brown rice +1 bowl rajma+1 bowl salad mixed with curd

Day 6 – 1 katori moong dal khichadi+1 bowl salad mixed with curd

Day 7 - 1 roti + sabzi + salad mixed with curd

Evening:

1 bowl dry bhel

Or

1 bowl lemon popcorn

Or

1 katori hummus+ salad sticks

Dinner:

4-5 ragi appe+1 bowl sambhar

Or

2moong dal chilla+1 bowl curd

Or

1 bowl veg soup) +1 bowl salad Or

3 idli+1 bowl sambhar

Guidelines:

- *Stick to the plan as much as you can. Whenever you feel hungry have 1 fruit any except banana & mango.*
- *Oil consumption: 3 tbs/day*
- *Daily water consumption: 2.5-3 liters.*
- *Daily walk: 30-45min*

ALL THE BEST!!!