

### **Early morning:**

1 glass jeera water (boil 1 tsp jeera seeds in water, strain and have water)

### **Breakfast:**

1 bowl oats smoothie (1 cup milk / yogurt+ 1 fruit (except banana) + 1 tbsp sabza seeds) (can add 1 date for sweetness)

**OR**

1 glass apple cucumber juice + 5 almonds + 2 walnuts

**OR**

1 cup moong with 1 khakhra

### **Mid morning:**

1 cup roasted chana/ 1 cup makhana

### **Pre Lunch –**

1 bowl salad / soup (20 mins before lunch)

### **Lunch**

**3 Day:** 1 missi roti / multigrain roti + 1 bowl sabzi + 1 cup curd

**2 Day:** Paneer tikka with sauté veggies ( capsicum, onion ,tomato)

**2Day** : 2 moong chilla + chutney

**Evening:**

1 fruit

**Late evening:**

1 bowl roasted chana

Or

1 bowl kurmura bhel

Or

1 cup curd + 1 tbsp sunflower seeds / pumpkin seeds

**Pre Dinner—**

1 glass water + 1 tsp flaxseeds (chew seeds well and gulp it with water)  
(20 mins before dinner)

**Dinner:**

**2 Day** : 1 bowl Mix vegetable soup / salad and 50 grams paneer (any preparation)

**1 Days** : 1 bowl chana chaat (chana boiled + added vegetables) + salad

**2 Days:** 1 bowl of masala oat with salad

**Bed time :**

1 glass water + 1 tsp fennel seeds + 1 tsp cumin seeds

## **Guidelines:**

1. Oil/ghee consumption: 3 tablespoon/ day
2. Daily water consumption: 2-3 liters
3. Daily exercise - 30-50min
4. You can interchange lunch & dinner options.
5. Have minimum 2 hour gap between 2 meals.

**Do Not Skip Any Meals Or Change Any Combination.**

- Do not check your weight daily.
- **If hungry -**

Have

1 khakhra

Or

1 fruit

Or

1 date

Or

1 cup lemon popcorn

**ALL THE BEST!!!**

