

PHASE FLK.

Plan for 7 days.

Early morning: 1 glass lemon water

BF:

2 Idli + 1 bowl of sambhar

OR

1 methi thepla/ besan cheela + 1 cup curd

OR

1 katori

upma/poha OR

1 veg sandwich+2 slices of
multigrain bread

Mid morning: 5 almonds + 1 apple

Pre-lunch: 1 glass chia seeds water (15 mins before lunch)

Lunch:

1 roti(ragi/ wheat/ bajra/ jowar) + 1 katori sabzi /sprout sabzi /+ 1
katori dal/curd + salad

OR

4 medium pieces of paneer tikka + chutney + Salad 1 bowl

Evening: 1 cup tea or coffee+ less sugar.

Late Evening: 1 fruit

Dinner:

same as lunch

Or

1-2 besan/oats chilla+ green chutney/curd

Or

1 bowl salad+1 katori daliya Khichadi+1 glass buttermilk

At night: 1 glass jeera water or chia seeds water

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!!!