

Plan for 7 days.

Early morning: 1 glass of warm water with ½ lemon juice + 1 black pepper (just gulp it with water)

Breakfast:

1 cup tea/coffee with less sugar (optional)

1 Days: 1 besan chilla with curd

3 Days: 1 bowl oatmeal (fruits and seeds can be added)

1 Day: 1 bowl vermicelli upma

2Days: 75 grams of paneer bhurji + 1 glass(100ml) skimmed/toned milk

Mid-Morning: 1 fruit + 5 almonds

OR

1 glass lemon water

OR

1 glass coconut water without malai

Lunch:

Day 1: 2 egg whites with vegetables omelet + 1 bowl soup+1 bowl salad

Day 2: 1 paneer wrap + 1 glass buttermilk+1 bowl salad

Day 3: 1 bowl vegetable soup (palak/mix veg/mushroom/corn) + 1 bowl salad

Day 4: 1 bowl kadhi/dal/any pulses/egg curry + 1 quarter plate white/brown rice +1 bowl salad

Day 5: 1 bowl quinoa or ragi pasta/noodles + 1 bowl stir fried vegetables

Day 6: 1 bowl dalia pulao + 1 bowl salad

Day 7: Repeat from the options.

Evening:

1 cup tea/coffee with less sugar (optional) + 2 digestive biscuits

Late evening: any one option at a time

1 cup chatpata chana (boiled chana + tomato, onion, cucumber + chat masala)

OR

1 cup lemon popcorn

OR

1 cup roasted chana

Dinner:

1 multigrain roti + 1 katori sabzi + 1 katori dal + 1 bowl salad

OR

1 bowl salad + 1 katori brown rice + 1 bowl vegetable curry

OR

1 bowl egg whites fried rice (use brown rice) add vegetables also of your choice + 1 bowl salad

At Bedtime: 1 cup fennel tea (take one glass of water put half teaspoon fennel seeds then boil it for 2 to 3 min strain and then have it warm)

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let us know)

- 1 bowl Popcorn
- 1 bowl Makhanas

- 1 Fruit
- 1 glass Buttermilk
Nuts- 2 almonds or 3 walnut halves
- 1 Cucumber (salads)
- 1 Plain khakhra
- 1 katori Roasted chana
- 1 bowl sukha Bhel
- 1 bowl jowar puffs

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let us know)

- 1 date
- 1 fruit
- 1 dry fruits ladoo
- 1 oats ladoo
- 2 pieces of dark chocolate

Do Not Skip Any Meals Or Change Any Combination.

ALL THE BEST!!!