

Early Morning: 1 glass mint leaves water (Soak overnight)

Breakfast:

2 days : 2 mixed sprouts dosa + 1 bowl sambar/ millet upma

2 days: Oats moong toast (use 2 brown breads) / Makhana smoothie

2 days: 1 bowl poha/ 1 beetroot besan chilla

1 day: 1 bowl overnight soaked oats

Mid morning: 1 fruit (add 1 tsp seeds) or Amla juice or sattv drink

Lunch Options:

1. 1 bowl sprouts pulav + 1 katori raita or soyabean pulao

2. 1 paneer paratha + 1 bowl curd + 1 bowl salad

3. 1 bowl sprouts salad + 1 glass buttermilk

4. 1 bowl rajma dal with veggies + 1 glass buttermilk

Evening Snack:

1. 1 glass sattv water

2. 1 glass buttermilk

3. 1 cup roasted chana

Dinner:

2 besan dal chilla with 1 katori curd/ oats chilla

1 Grilled mushroom sandwich/ paneer sandwich

1 bowl Bean and tofu salad

Bedtime: 1 cup milk

