

Early morning: Jeera water (one tbsp. boiled)

Breakfast:

2 days: 2 mini onion and tomato uttapam + tomato chutney

2 days: Oats porridge (milk + dry fruits) (one bowl) / overnight oats

2 days: Vermicelli upma (one bowl)/ beetroot paratha

1 day: 3 chick pea tikki with chutney

Mid-morning: One fruit + soaked almonds (5)

Lunch:

3days: 2 roti + sabji + salads / 2 ota chilla

2 days: 1 mango oats pudding / sprout salad

2 days: quinoa pulao / soya bean pulao + veg raita

Evening Snacks: 1 cup Tea (optional with less sugar) or green tea
Makhana or oats chivda

1 glass chia seeds (one tbsp.) water before 15 min of dinner.

Dinner:

2 days: 2 Moong chilla + green chutney/ tofu or lobia salad

2 days: brown chana chat (boiled) /2 cucumber pancakes

2 days: daliya khichdi (one bowl)/ 1 bowl ghiya raita

1 day: Paneer chilly 100grms (one bowl)

ALL THE BEST!!!