



PHASE FLK.

Plan for 7 days.

Early morning: 1 glass lemon water

BF:

2 Days : 2 Idli + 1 bowl of sambhar /1 besan cheela + 1 cup curd

2 Days:

1katori
upma/poha/
vegetables
sandwich

2 Days: Chicken pea salad/ mango chia pudding

1 day: tiramisu oats

Mid morning: 5 almonds + 1 apple or kulkulu sharbat

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

Lunch

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

2 Days: 4 medium pieces of paneer tikka + chutney + Salad 1 bowl/ 4 Hara bhara kabab with dahi chutney

2 Days: 2 beetroot Paratha with curd / 1 dal Paratha with curd

1 day: Quinoa salad with stir fry veggies

Evening: 1 cup tea or coffee+ less sugar.

Jowar puff

Bhel

Makhana bhel

Late Evening: 1 fruit

Dinner:

same as lunch

Or

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

2 Days: 1 bowl salad+1 katori daliya Khichadi/ dal khichdi+1
glass buttermilk

1 day: 1 glass oats smoothie with fruits

2 Days : 3 rajma tikka with gheiya salad

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!!!