



**Early morning:** jeera water one glass (soaked overnight)

**Breakfast:**

**2 days:** 2 egg paratha paratha + green chutney / beetroot partha

**3 days:** vegetable juice (beetroot + carrot) / oats smoothie

**2 days:** Brown bread vegetable sandwich / curd sandwich

**Mid-morning:** mint and coriander juice (grind mint and coriander leaves add one glass of water black salt and lemon)

**Lunch:**

2 days: 1 roti + sabji + salad / oats chilla with chutney

2 days: Saute mix veggies (one bowl)/ paneer chilly

2 day: Vermicelli upma (one bowl)/ paneer oats wrap

1 day: chicken tikka (4-5 pieces) + green chutney

**Evening:**

Or 1 cup tea + 2 digestive/marie biscuits Or 1 cup roasted chana

Or 1 cup makhana

Or 1 glass of buttermilk

**Chia seeds water one glass 15 mins before dinner (one tbsp. soaked in water)**

**Dinner:**

2 days: 4-5 pieces of hara bhara kabab / beetroot kabab

2 days: corn chaat (one bowl)/ sprout salad

2 days: chicken clear soup (one bowl)/ 1 rawa uttapam

1 day: oats khichdi (one bowl)/ chicken salad

*Turmeric tea one cup after dinner*

**ALL THE BEST!!!**