

**Early Morning (after waking up):** 1 Glass Luke warm water + 1 tsp ACV (apple cider vinegar) + add a pinch of cinnamon powder.

**Breakfast:** 1 cup tea / coffee with less sugar (optional) +  
**3 days:** 2 size of CD besan / moong dal chilla + mint coriander chutney.

**2 days:** 1 bowl overnight soaked oats (add 2 tbsp chia seeds) (can use stevia as a sweetener)./ Veg poha

**2 days:** 1 glass makhana smoothie or oats smoothie

**Mid Morning:** 5 soaked almonds + 1 fruit

**Lunch:**

**3 days:** 1 bowl salad (only vegetable salad, no cream dressing) + 1-2 roti roti (size of CD) + 1 bowl Sabzi (with less oil) + 1 small katori dal

**2 days:** 2 vegetable stuffed paratha + 1 bowl salad + 100g curd / 1 glass buttermilk./ 2 paneer paratha

**2 days:** 1 bowl daliya khichdi + 1 bowl salad + 100g curd / 1 glass buttermilk./ 1 bowl pualo with raita

**Mid Evening:**

Tea with 2 oats biscuits. (optional)

**OR**

Fist full of roasted chana.

**OR**

1 bowl of plain popcorn (no butter).

**Pre-dinner:** 1 glass chia seeds water (15 min before dinner)

**Dinner:**

**3 days:** 1 bowl cooked sabzi (avoid corn and potatoes) + 1 bowl salad + 1 katori dal (any) +1 wheat oats mix phulka

**2 days:** 1 vegetable uttapam + 1 bowl sambar + 1 bowl salad/ 1 bowl sprouts salad

**2 days:** 1 bowl veg soup + 1 bowl stir fry veggies / 1 moong dal dosa

**At Night:** 1 cup fennel tea

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

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

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

1. 1 date
2. 1 fruit
3. 1 dry fruits laddoo
4. 1 oats laddoo
5. 2 pieces of dark chocolate