

**Early Morning:** 1 glass methi seeds water (1 tsp methi seeds soak overnight, strain in morning and drink)

**Pre-Breakfast:** 1 cup milk

**Breakfast:**

**3 days:** 2 methi paratha + 1 bowl curd / 2 beetroot paratha with curd

**2 days:** 1 bowl oatmeal / 1 bowl overnight oats

**2 days:** 1 bowl poha (squeeze lemon) + 2 boiled egg whites/ 2 hung curd sandwich

**Mid-Morning:** 1 fruit + 4 almonds /Amla juice

**Lunch:**

**3 days:** 2-3 multigrain roti + 1 bowl green leafy vegetable (cooked, squeeze lemon)/2 egg white bhurjee + 1 bowl dal + 1 bowl salad

**2 days:** 1 bowl paneer/chicken chilly (75grams) with veggies + 1 bowl moong (BOILED) + 1 bowl salad

**2 days:** 1 bowl vegetable pulao (use brown rice) + 1 bowl raita / 2 sprout dosa with sambhar

**Evening Snack:**

- 1 bowl makhana
- 1 bowl popcorn
- 1 bowl moong salad
- 2 boiled egg whites

**Dinner:**

**3 days:** 2 multigrain roti + 1 bowl lentil dal/1 bowl soyabeansabzi/ 1 bowl paneer sabzi/fish curry + 1 bowl salad

**2 days:** 1 bowl vegetable khichdi + 1 bowl curd + 1 bowl salad /  
1 bowl chicken pulao with raita

**2 days:** 2 moong dal chilla + 1 bowl curd + 1 bowl sabzi / 1 bowl  
curd rice

**Bed Time:** 1 cup ajwain water (1 tsp ajwain seeds – boil, strain  
and drink)