

**Day 1, 7**

**Early Morning** – 1 Glass Lukewarm Water +  $\frac{1}{4}$  Th Lemon Juice +  $\frac{1}{2}$  Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

**Morning-** 1 Cup coffee

**Breakfast:** 1 Multigrain khakra +  $\frac{1}{2}$  cup curd

**Midmorning-** 1 Glass lemon water

**Lunch:** 1 Bowl dalpalak + Salad +  $\frac{1}{2}$  cup curd

**Evening:** 1 Cup coffee/tea + apple

**15 minutes before Dinner-** 1 cucumber.

**Dinner:** 1 bowl boiled moong

**Before sleep** – 1 Cup Milk

### Day 2, 4, 6

**Early Morning** – 1 Glass Lukewarm Water + ¼ Th Lemon Juice + ½ Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

**Morning-** 1 Cup milk

**Breakfast:** 1 Multigrain khakra

**Midmorning-** 1 Glass lemon water

**Lunch:** 1 Bowl drumstick soup + Salad

**Evening:** 1 Cup coffee + 1 fruit

**15 minutes before Dinner-** 1 cucumber.

**Dinner:** 1 bowl mix sprout chat.

**Before sleep** – 1 Cup Milk

### Day 3, 5

**Early Morning** – 1 Glass Lukewarm Water + ¼ Th Lemon Juice + ½ Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

**Morning-** 1 Cup Tea/coffee

**Breakfast:** 1 Multigrain khakra

**Midmorning-** 1 Glass Buttermilk

**Lunch:** 1 Bowl dalpalak + Salad

**Evening:** 1 Cup Tea

**15 minutes before Dinner-** 1 cucumber.

**Dinner:** 1 moong uttappa + chutney.

**Before sleep** – 1 Cup Milk

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