

Early morning: 1 glass of warm water with one tbsp of apple cider vinegar (consume it warm)

Breakfast: 1 cup of tea/coffee (optional)

Day 1: 1 glass of oats apple smoothie with pomegranate toppings

Day 2: 1 bowl of oats upma + one fruit (avoid banana, plums, chickoo, figs)

Day 3: 2 Idli with 1 bowl of sambhar and 1 tbsp of tomato chutney

Day 4: Mix Fruit salad with the topping of chia seeds+ almonds+ walnuts

Day 5: 1 bowl of poha + 1 fruit (apple, orange, papaya)

Day 6: 1 bowl of overnight soaked oats with chia seeds and walnuts

Day 7: 2 mix vegetable parantha + one small bowl of curd

Mid -Morning: 1 cup green tea

- Fruits
- 5 almonds and 3 walnuts
- 1 bowl of Jowar puffs

Pre- lunch: 1 glass of chia seeds water with one tbsp of lemon juice

Lunch:

Day 1, 5: 1 katori cooked vegetable + one bowl of dal+ one roti (Jowar, ragi, bajra) + one bowl of Salad

Day 2, 7: 2 vegetable Sandwich with paneer filling + one tbsp of mint chutney

Day 3, 6: 1 bowl of sprouts salad+ one bowl of soup (tomato/ mix vegetable)

Day 4: Chilly paneer (with 75 grams of paneer)

CHEW ONE TBSP OF FENNEL SEEDS AFTER LUNCH

Mid-evening snacks: 1 cup of green / one glass of buttermilk

- 1 bowl of bhel (without sev and farsan)
- Makhana
- One roti sandwich
- Chana chaat
- Handful of roasted chana

Dinner:

Day 1, 3: One bowl of wheat pasta (indian style avoid adding sauces) + one bowl of paneer stir fry

Day 2, 5: One bowl of Dalia pulav + one small bowl of curd + one bowl of Salad

Day 4, 7: one bowl of soup + one bowl of chana chaat

Day 6: Cheat meal (Enjoy)

Bedtime: 1 glass of warm water+ 1 tsp of cumin seeds powder+ 1tsp of fennel seeds powder

MEAL TIMMINGS-

BREAKFAST- should be max by 10am **MID-MORNING-** 12PM

LUNCH- 2:30PM **EVENING SNACK-** 5PM

DINNER- max by 8-8:30PM

ALL THE BEST!!

Snacking and munching options when you feel hungry-

1 bowl Popcorn

1 bowl Makhanas

1 Fruit

1 glass Buttermilk

Nuts- 2 almonds or 3 walnut halves

1 Cucumber (salads)

1 Plain khakhra

1 katori Roasted chana

1 bowl sukha Bhel

1 bowl jowar puffs Sweet Cravings:

1 date

1 fruit

1 dry fruits ladoo

1 oats ladoo

2 pieces of dark chocolate

DOs / DONTs

Should have frequent and small meals.

Have at least 2-3 liters of water a day.

Have at least 7 hours of sleep daily.

Avoid the intake of sweetened drinks like colas, juices, etc.

Avoid adding salad dressing/mayo/any other type of sauces.
[Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.

For mid night cravings you can go for any fruit/roasted makhana/chana.

Vegetables - all seasonal vegetables are allowed except arbi.
Potato is allowed only once a week.

Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.

Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.

Do not add extra salt in salads, curd, fruit salad. Avoid papad.

Always use low fat milk and its products.

Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

Choose multigrain / wheat bread

Limit your sugar intake to not more than 2 tsp a day or avoid it

Manage your stress and Do some deep breathing at any time of the day.

Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

