

**Early morning:** 1 glass lemon water with a glass of warm water.  
OR

1tsp cinnamon powder with a glass of warm water.

**Breakfast Options :**

1. 1 bowl oats porridge
2. 2 Vegetables stuffed paratha + 2tsp chutney
3. 1 bowl poha / upma(avoid peanuts)
4. 2-3 stamed idlis with sambhar

**Lunch:**

**4 days-** wheat flour roti (1-2) + 1 katori vegetables + 1 bowl dal

**3 days-**1 bowl salad +1 bowl tamarind rice (add a lot of vegetables) +1 bowl rassam

**Snacks Options :**

Any fruit **OR**

1 bowl salad **OR**

1 bowl soup **OR**

1 glass buttermilk **OR**

1 glass coconut water **OR**

1 cup makhana/roasted chana

## **Dinne**

**3 days-** 2 small ragi ball dosa/green moong dal dosa + 2 tbsp green chutney.

**2 days-** 1 millet roti + 1 katori vegetables (aviyal) + 1 katori curd

**2 days-** 1 big bowl soup + 1 bowl salad.

**Chew fennel seeds after dinner.**

## **Guidelines:**

- *Stick to the plan as much as you can. Whenever you feel hungry have 1 fruit any except banana & mango.*
- *Oil consumption: 3 tbs/day*
  
- *Do not have rice more than thrice in 5 days.*
  
- *Daily water consumption: 2.5-3 liters.*
  
- *Daily walk: 30-45min*

***ALL THE BEST!!!***