

**Early morning:** 1 glass lemon ginger water (Soak overnight)

**Breakfast:** 1 cup tea/coffee with less sugar (optional)

**3 days:** 1-2 ghiya besan cheela with green chutney/ oat chilla

**2 days:** 100 grams egg bhurji (add veggies)/ overnight oats

**2 days:** 1 bowl poha (add green peas, avoid peanuts)/ makhana smoothie

**Mid-Morning:** 1 fruit or kulkuli sharbat/ amla juice

**Lunch:**

**3 days:** 1 roti + 1 bowl vegetable sabzi + 1 bowl salad + 1 bowl dal/pulses/ 1 roti pizza with veggies

**2 days:** 5-6 pieces tomato paneer + 1 bowl salad / 1 paneer grilled sandwich

**2 days:** 1 bowl vegetable pulav (use brown rice) + 1 bowl curd + 1 bowl salad / 1 bowl fried rice

**Evening:**

1 fruit (any)

**OR**

1 cup makhana / 1 khakhra

**Pre-dinner:** 1 glass chia seeds water (10 mins before lunch)

**Dinner:**

**2 days:** 1 bowl curd rice+ 1 bowl salad / 5.-6 rajma tikki with salad

**3 days:** 1 bowl quinoa upma + 1 bowl soup/ 1 bowl quinoa salad or khichdi

**2 days:** 1 bowl soup with sauteed veggies

**At Bedtime:** 1 cup fennel tea

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

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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 ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate