

7 days plan

Early morning : 1 glass lukewarm lemon water + 3 soaked almonds

After 15 mins have 1 cup separate tea or coffee (less milk, preferably without sugar)

Breakfast:

2 days: boiled corn chat (add onion, cucumber, lemon juice, black pepper)/ chana chatpata

2 days: 1 cup vermicelli upma / 1 bowl oats with curd

1 day: Wheat bran kneaded with onion/mooli/methi/palak + curd or mint chutney

2 days : Spicy sprouts/ whole wheat veg sandwich

Mid morning:

Day 1,3,5,6 - salad

Day 2,4- fruits

+ roasted or soaked chia seeds + green tea

10 mins before lunch have lemon water

Lunch:

Day 1: vegetable gravy + brown rice

Day 2: pulses sabji + wheat roti

Day 3: Wheat bran roti with any light seasonal veg

Day 4: besan chila + curd or mint chutney

Day 5: sooji vegetable dhokla (7-8 pc) + mint chutney

Day 6: ghiya sabji + wheat roti

Day 7: repeat any above meal

Evening:

separate tea or coffee + 3 almonds + soaked or roasted chia seeds

Late evening:

Day 1,3,5,6 - salad

Day 2,4 - fruits + green tea

Dinner:

Day 1: moong dal cheela+ soup

Day 2: 1 bowl millet upma

Day 3: 1 roti + sabji + salad

Day 4: anar raita stomachful (plus 1 besan chila if hungry)

Day 5: sautéed vegetables with one wheat bran roti

Day 6: 1 oats wrap with veggie

Day 7: 1 bowl soup + salad or paneer tikka (100grms) + salads

Post dinner: green tea one cup

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 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,

