

Early morning: 2 glasses of methi seeds water – soak overnight two tablespoon of methi (500ml) + 1 black pepper (swallow)

BF:

2 days: 1 glass of skimmed/ toned milk (250 ml) + 1 apple/ 1 cup papaya/ 1 pear

2 days: Mix vegetable Paratha (1) + one cup curd./ 1 moong dal Paratha

2 days: 2 Moong chilla + green chutney/ Oats chilla

1 day: Poha (avoid peanuts)/ 1 bowl overnight oats

Mid morning: 1 fruit/1 glass khukuke sharbat

Lunch:

2 days: 1 oats and wheat flour mix roti + 1 katori vegetable (any) + salads/ 1 veg pulao with raita

2 days: Chick pea salad (one bowl)/ chickpea tikki 4 5

2 days: Moong dal khichdi (one bowl)/ quinoa khichdi

1 day: Cheat day (refer restaurant guide avoid oily and sweets intake)

Evening: 1 cup of skimmed milk

Or 1 cup tea + 2 digestive/marie biscuits Or 1 cup roasted chana

Or 1 cup popcorn

Or 1 glass of buttermilk

Dinner:

2 days: Oats upma (one bowl)/ curd rice

2 days: Saute mix vegetables (any) + salads. / 5 6 beetroot tikki

2 days: Daliya khichdi (one bowl)

1 day: Sprouts salads (one bowl) any SPROUTS /1 oats dosa

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 laddoo, 1dry fruit laddoo, 1spoon
peanut butter,