

Early morning: jeera water one glass (soaked overnight)

Breakfast:

2 days: 2 egg paratha paratha + green chutney / beetroot partha

3 days: vegetable juice (beetroot + carrot) / oats smoothie

2 days: Brown bread vegetable sandwich / curd sandwich

Mid-morning: mint and coriander juice (grind mint and coriander leaves add one glass of water black salt and lemon)

Lunch:

2 days: 1 roti + sabji + salad / oats chilla with chutney

2 days: Saute mix veggies (one bowl)/ paneer chilly

2 day: Vermicelli upma (one bowl)/ paneer oats wrap

1 day: chicken tikka (4-5 pieces) + green chutney

Evening:

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

Or 1 cup makhana

Or 1 glass of buttermilk

Chia seeds water one glass 15 mins before dinner (one tbsp. soaked in water)

Dinner:

2 days: 4-5 pieces of hara bhara kabab / beetroot kabab

2 days: corn chaat (one bowl)/ sprout salad

2 days: chicken clear soup (one bowl)/ 1 rawa uttapam

1 day: oats khichdi (one bowl)/ chicken salad

Turmeric tea one cup after dinner

ALL THE BEST!!!