

Day 1, 7

Early Morning – 1 Glass Lukewarm Water + $\frac{1}{4}$ Th Lemon Juice + $\frac{1}{2}$ Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

Morning- 1 Cup coffee

Breakfast: 1 Multigrain khakra + $\frac{1}{2}$ cup curd

Midmorning- 1 Glass lemon water

Lunch: 1 Bowl dalpalak + Salad + $\frac{1}{2}$ cup curd

Evening: 1 Cup coffee/tea + apple

15 minutes before Dinner- 1 cucumber.

Dinner: 1 bowl boiled moong

Before sleep – 1 Cup Milk

Day 2, 4, 6

Early Morning – 1 Glass Lukewarm Water + ¼ Th Lemon Juice + ½ Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

Morning- 1 Cup milk

Breakfast: 1 Multigrain khakra

Midmorning- 1 Glass lemon water

Lunch: 1 Bowl drumstick soup + Salad

Evening: 1 Cup coffee + 1 fruit

15 minutes before Dinner- 1 cucumber.

Dinner: 1 bowl mix sprout chat.

Before sleep – 1 Cup Milk

Day 3, 5

Early Morning – 1 Glass Lukewarm Water + ¼ Th Lemon Juice + ½ Tablespoon Flax Seeds Powder + 2 Soaked Almonds (With Skin)

Morning- 1 Cup Tea/coffee

Breakfast: 1 Multigrain khakra

Midmorning- 1 Glass Buttermilk

Lunch: 1 Bowl dalpalak + Salad

Evening: 1 Cup Tea

15 minutes before Dinner- 1 cucumber.

Dinner: 1 moong uttappa + chutney.

Before sleep – 1 Cup Milk

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