

**Early morning:** 1tsp methi seeds water + 1 glass warm water (soak 1 tsp methi seeds overnight and strain in the morning and have)

**OR**

1 tsp wheat grass powder + 1 glass of warm water.

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

**3 Days:** 1 medium vegetables stuffed parantha (avoid corn and potato) + 1 bowl low- fat curd or green chutney

**2 Days:** 1 bowl seviya upma/ 1 bowl ragi ganji

**2 Days:** 1 bowl fruit salad + sprinkle 2 ts of chia seeds.

**Mid-morning:** 3-4 almonds + 3-4 walnuts

**Pre/ lunch:** 1 cucumber/ 1 tomato/ 1 beetroot

**Lunch:**

**3 Days:** 1 bowl lemon rice + 1 katori cucumber raita

**2 Days:** 1 bowl koshimbiri / 1 bowl cabbage palya

**2 Days:** 2 ragi balls + 1 katori vegetables curry + 1 bowl rassam +1 cup buttermilk

**Snacks:**

1. 1cup coffee/tea/green tea with
2. 1 bowl makhana/kurmure/ lemon popcorn
3. 1 any fruit
4. 1 bowl soup

**Dinner:**

**2 days:** 2 neer dosa + 2 tbsp green chutney + 1 bowl sambhar

**2 days:** 1 bowl vegetable (subzi) + 1 bran/wheat roti + 1 bowl salad  
+ bowl curd

**3 days:** 1 bowl sprouts salad + 2 idlis + 1 bowl sambhar

**Post dinner:** 1 cup warm milk with a pinch of turmeric.

**Guidelines:**

- *Oil consumption: 3 tbs/day*
- *Daily water consumption: 2.5-3 liters.*
- *Daily walk: 30-45min*
- *Green tea to be taken twice or thrice in a day (post meal half an hour)*

**ALL THE BEST!!!**