

Early morning : jeera water luke warm (one glass)

Breakfast:

Milk one cup (cow's milk) 100ml +

2 days: 2 Eggs paratha / 1 Dal paratha with curd

2 days: 2 Oats and besan mix chilla + green chutney / 2 ghiya besan chilla with chutney

2 days: 1 plain dosa + coconut chutney / 1 overnight oats with fruits

1 day: 5 6 sprout dhokla + green chutney

Mid-morning : (10-10.30am) One fruit (avoid pineapple, lichi, grapes)+ flaxseeds/ sunflower seeds/ pumpkin seeds

Lunch:

2 days: 2 Oats roti + sabji + salads / 1 oats wrap with veggies

2 days: Brown rice paneer biryani (one bowl) + raita / 1 bowl chicken pullao with raita

2 day: 1 chicken tikka roll (use oats flour) + salads / 5 6 beetroot tikki with chutney

1 day: Sprouts chat (one bowl)

Evening Snacks: (4-5pm) 1 cup Tea (optional with less sugar)

Makhana or 2 Oats biscuits or digestive biscuits

1 glass lemon water 15 min of dinner.

Dinner:

2 days: Mix Vegetable clear soup or any veg soup (one big bowl) + saute veggies (any available)/ 1 bowl beans salad

2 days: Oats khichdi + green sabji/ 1 bowl quinoa salad

2 days: 1 chicken or egg sandwich / 1 beetroot paratha

1 day: moong dal tikki (4-5) + green chutney

After half an hr

Green tea one hour after dinner

ALL THE BEST!!!