

**Early morning :** 1 glass lukewarm lemon water + 3 soaked almonds

After 15 mins have 1 cup separate tea or coffee (less milk, preferably without sugar)

**Breakfast:**

2 days: boiled corn chat (add onion, cucumber, lemon juice, black pepper)/ chana chatpata

2 days: 1 cup vermicelli upma / 1 bowl oats with curd

1 day: Wheat bran kneaded with onion/mooli/methi/palak + curd or mint chutney

2 days : Spicy sprouts/ whole wheat veg sandwich

**Mid morning:**

Day 1,3,5,6 - salad

Day 2,4- fruits

+ roasted or soaked chia seeds + green tea

10 mins before lunch have lemon water

**Lunch:**

Day 1: vegetable gravy + brown rice

Day 2: pulses sabji + wheat roti

Day 3: Wheat bran roti with any light seasonal veg

Day 4: besan chila + curd or mint chutney

Day 5: sooji vegetable dhokla (7-8 pc) + mint chutney

Day 6: ghiya sabji + wheat roti

Day 7: repeat any above meal

**Evening:**

separate tea or coffee + 3 almonds + soaked or roasted chia seeds

**Late evening:**

Day 1,3,5,6 - salad

Day 2,4 - fruits + green tea

**Dinner:**

Day 1: moong dal cheela+ soup

Day 2: 1 bowl millet upma

Day 3: 1 roti + sabji + salad

Day 4: anar raita stomachful (plus 1 besan chila if hungry)

Day 5: sautéed vegetables with one wheat bran roti

Day 6: 1 oats wrap with veggie

Day 7: 1 bowl soup + salad or paneer tikka (100grms) + salads

**Post dinner:** green tea one cup

**ALL THE BEST**