

Early morning: 1tsp Jeera(chew that) + 1 tbsp methi seed water(soaked the methi seed over night and then next morning have on that water)

Breakfast:

2 days: 1 oats chilla + green chutney/ 1 ghiya besan chilla with green chutney

3 days: Fruit plate (one bowl) + 3 almonds/ 1 beetroot paratha with salad

2 days: 2 Moong dosa + green chutney/ 4 piece hara bhara kabab with chutney

Midmorning:1 lemon water (no sugar,honey or jaggery)

Lunch:

3 days: 1 bowl dal+ 1 bowl vegetable sabji or egg bhurji+ 1 bowl salad

2 days: 1 bowl mix vegetables soup or tomato soup (one bowl)/ 1 bowl avocado salad

2days: Stir fry veggies (any available)

Post lunch:- 1 cup green tea (no sweetners)

Evening Snacks: 1 cup Tea (optional with less sugar) + 1 fruit or puffed jawar

1 glass chia seeds water before 15 min of dinner.(one tbsp. soaked for 1 hr)

Dinner:

2 days: Mix Vegetable soup + salads /
1 bowl channa chaat with salad

2 days: One plate fruit (any
available)/ 1 bowl fruit chaat

2 day: Ragi porridge (one bowl)/ 1
ragi dosa with chutney

1 day: 4-5 pieces of paneer tikka + salads

Post Dinner – 1 cup turmeric tea or green tea

ALL THE BEST!!!