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# NAVRATRI DIET PLAN

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## 4th October (Friday) & 10<sup>th</sup> October (Thursday)

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** Fruit Raita
- **Mid-Morning (12:00 PM):** Coconut Water
- **Lunch (02:00 PM):** Samak Rice with Curd
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Bowl of Fruits

## 5th October (Saturday)

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** Yogurt with Nuts (almonds and walnuts) and Raisins / Apple Shake
- **Mid-Morning (12:00 PM):** nimbu pani without sugar
- **Lunch (02:00 PM):** Boiled Aloo with Curd
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Apple Shake

## 6th October (Sunday)

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** coconut water
- **Mid-Morning (12:00 PM):** 5 soaked almonds and 2 walnuts
- **Lunch (02:00 PM):** Sabudana tikki with green chutney

- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Bowl of Fruits

### **7th October (Monday)**

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** Pineapple or Anaar Raita
- **Mid-Morning (12:00 PM):** nimbu pani without sugar
- **Lunch (02:00 PM):** Kuttu Cheela with curd
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** A Bowl of Veg(sabzi) with Salad

### **8th October (Tuesday)**

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** Banana Shake
- **Mid-Morning (12:00 PM):** nimbu pani without sugar
- **Lunch (02:00 PM):** Paneer Kuttu Roti with Green Chutney
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Banana Shake

### **9th October (Wednesday)**

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** Tea and Makhana
- **Mid-Morning (12:00 PM):** nimbu pani without sugar
- **Lunch (02:00 PM):** Sabudana Khichdi with Curd
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Bowl of Fruits

## **11th October (Friday)**

- **Early Morning (08:00 AM):** Luke Warm Lemon Cinnamon water
- **Breakfast (10:00 AM):** 1 katori halwa
- **Mid-Morning (12:00 PM):** nimbu pani without sugar
- **Lunch (02:00 PM):** 2 puri with channa // aloo
- **Evening (04:00 PM):** green tea
- **Dinner (08:00 PM):** Bowl of Fruits