

Intermittent fasting for 15 days Non vegetarian (22- 23)

7.30 am

One glass of lukewarm water and one pinch of jeera powder

5-6 almond and walnut One anjeer, 3-4 manuka

9-11.00am

buttermilk /chia seeds water /coconut water / vegetable juice

11.00-12.00

Vegetables salad and curd one katori

One Jowar roti/two wheat roti /multigrain atta roti (30 gm)

dal and Sabji + fruit 100 gm + one egg white + one full

3pm

buttermilk /chia seeds water /coconut water / vegetable juice/ detox water

Dinner 7.00-7.30 pm

1) Two roti dal and Sabji and salad Or

2) Three moong dal chilla with vegetables salad and tomatoes chutney Or

3) Dalia one katori 40 gm+Moong dal 20gm +Vegetable 100+150 gm make khichdi Or

4)3 Oats chilla with vegetables salad and tomatoes chutney Or

5) 4 normal idli and vegetables sambar lots of vegetables have sambhar as much as you want

Or

6) Two plain dosa and vegetables sambar add lots of vegetables sambar add

7) Oats 50 gm+Moong 30gm

vegetable Upma Vegetables salad

8) chicken 200gm vegetable salad

10.30 pm one small katori vegetable soup