

Day 1

Early morning: 1 glass luke warm water with 1 tsp apple cider vinegar with 5pc soaked almonds

Breakfast:

- 1 bowl white chana chat with veggies and 50 grm raw paneer

Mid morning:

- 1 apple or banana

Lunch:

- 1 bowl chole sabzi (50 grms)
- 2 jaun roti
- 1 small bowl salad
- 1 small katori cucumber raita

Evening snack:

- 1 handful roasted nuts with 1 tbsp mixed seeds
- 1 cup green tea

Dinner:

- 1 bowl dal khichdi made with mixed seasonal vegetables
- 1 bowl stir fry vegetables(broccoli, bell peppers, beans)

Bed time before 10 : ginger turmeric tea 1 cup

Day 2

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- Ghiya(lauki) paratha made with very less oil or ghee(add some besan in wheat flour) 2 pc
- 1 cup curd

Mid-morning snack:

- Mix sprouts salad (1 katori)

Lunch:

- 1 bowl lauki made with chana dal
- Rice 1 katori(50 grms) or 2 oats roti
- 1 cup curd
- 1 cup salad mixed with sprouts

Evening snack:

- 1 cup green tea
- After half n hour or 1 hour take 1 medium orange

Dinner:

- 1 big bowl stir fry veggies(broccoli, bell peppers, beans)
- 100 grms roasted paneer

Bed time

- Ginger turmeric tea 1 cup

Day 3

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- Moong dal chilla (2pc) stuffed with paneer and veggies

Mid-morning snack:

- Mixed sprouts salad 1 small katori

Lunch:

- 1 moong dal daliya khichdi
- 1 small bowl cucumber raita
- 1 bowl salad

Evening snack:

- Roasted almonds 5 pc
- 1 cup green tea

Dinner:

- Plain dosa 2 pc
- Coconut chutney

Bed time

- Ginger turmeric tea 1 cup

Day 4

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- 1 bowl milk oats (with skimmed milk and 1 tablespoon flaxseeds and 1 tsp chia seed)

Mid-morning snack:

- 1 guava

Lunch:

- 1 katori mix veg sabzi
- 1 jowar roti
- 1 katori sprout salads
- 1 bowl mix panchmel dal

Evening snack:

30 grms roasted chana

Dinner:

- 1 bowl red lentil soup
- 1 toasted bread

Bed time:

Ginger turmeric tea 1 cup

Day 5

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- 1 glass banana smoothie

Mid-morning snack:

- 1 apple or 1 bowl papaya

Lunch:

- 1 bowl mix vegetable khichdi
- 1 katori salad
- 200 ml buttermilk

Evening snack:

- 1 cup green tea or black coffee
- 10-12 pcs unsalted peanuts or
- 100 ml coconut water

Dinner:

- 1 katori makhana kheer or lauki kheer made with stevia

Bed time

- Ginger turmeric tea 1 cup

Day 6

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- Boiled rajma chaat with veggies and 30 grm paneer

Mid-morning snack:

- 100-150 ml coconut water

Lunch:

- 2 pc rava uttapam
- 1 bowl sambhar
- 1 small bowl salad or
- 1 bowl rajma cury
- 1 katori rice

Evening snack:

- 1 banana or apple

Dinner:

- 1 katori matar paneer
- 2 jaun and wheat mixed roti

Bed time: ginger turmeric tea 1 cup

Day 7

Early morning: 1 glass luke warm water with 1tsp apple cider vinegar with 5 pc soaked almonds

Breakfast:

- 1 glass soaked chia seed smoothie

Mid-morning snack:

- 1 bowl papaya

Lunch:

- You can have cheat meal for lunch as per your choice

Evening snack:

- Green tea

Dinner:

- 1 bowl stir fry veggies only

Bed time: ginger turmeric tea 1 cup

Instructions:

- Avoid over eating
- Drink atleast 2.5 litre of water
- There should be minimum 3 hours of gap in major meals
- Avoid processed food, fruit juices, sodas, cold drink, alcohol
- Dinner should be before 8 pm
- For pre workout you can have small banana and black coffee
- For post workout you can have your breakfast
- For sweetener you can have stevia avoid white sugar
- 1 katori: 30 gm
- 1 bowl: 70 grms/100 grms
- 1 cup: 50-60 ml
- Major portion of meal should be protein and fibre