



# Veg Week 1 Diet



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	1 TBSP Flaxseeds (Coarsely ground) + 1/4 TSP Cinnamon Powder						
BREAKFAST	1 Cup Milk (No Sugar) (Double Skimmed Cow's Milk) + 1 Cup Vegetable Red Poha	1 Cup Plain Almond Milk (No Sugar) + 1 Cup Muesli (PLAIN)	50 g Low Fat Paneer + 1 TRI-Colour Thepla	1 Cup Plain Almond Milk (No Sugar) + 1 Cup Vegetable Barley Upma	1 Cup Curd (Double Skimmed Cow's Milk) + 1 medium size Rava Vegetable Dosa	1 Cup Curd (Double Skimmed Cow's Milk) + Wheat Flakes 1 Cup	6 to 7 Healthy Vegetable coins with 50 g low fat Paneer
MID MORNING	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)
10 TO 15 HRS BEFORE LUNCH	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
LUNCH	1 Bowl Salad (Lemon Pepper dressing) + 2 DRY Whole wheat Phulka + 1 Cup Dal + 1 cup vegetable	1 Bowl Salad (Regular salad) + 1 Cup Millets + 1 Cup Sprouts + 1 Cup Leafy Vegetables	1 Bowl Salad (Mint lemon dressing) + 1 Vegetable Multigrain Roti + 1 Cup Mix Veg Raita	1 Bowl Salad (Carom seed dressing) + 1 Bajra + Jowar + Ragi Bhakri + 1 Cup Kadhi + 1 Cup Leafy Vegetables	1 Bowl Salad (Thick curd dressing) + 1 DRY Roti + 1/2 Cup Rice + 1 Cup Dal + 1 cup Gourd vegetable	1 Bowl Salad (Crushed Peanuts dressing) + Sorghum Shepu Bhakri 1 dry + Jhunka -1 cup	1 Bowl Salad (Organic Apple cider vinegar dressing) + 1 and 1/2 Cup Quinoa in stir fried vegetables + 1 Cup Sprouts in tomato gravy
MID NOON	Buttermilk + Greens - 1 glass (100g low fat curd)	Roasted Chana- 2 fist	2 TBSP Mix Seeds (Sunflower + Pumpkin + Melon seeds)	Buttermilk + Greens - 1 glass (100g low fat curd)	Roasted Chana- 2 fist	2 TBSP Mix Seeds (Sunflower + Pumpkin + Melon seeds)	Roasted Chana- 2 fist
EVENING	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Kurmura Chana	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Roasted Makhana (unflavored)	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Jowar / Bajra Popcorn	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 DRY Methi Thepla	Green / Herbal Tea -1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Roasted Oats Chiwda	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Steamed Sprouts + Vegetables	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1/2 Vegetable Wheat Sandwich
10 TO 15 HRS BEFORE DINNER	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
DINNER	1 Bowl Salad / Tomato Soup (Unstrained) + 1 dry Jowar Bajra Bhakri + 1 Cup Sprouts	1 Bowl Salad / Palak Soup (Unstrained) + 1/2 Cup Rice + 1 Cup Dal	1 Bowl Salad / Broccoli Walnut Soup (Unstrained) + Chickpeas Veg Kebab's - 4 (Grilled) + Minty Curd- 1 Small Cup	1 Bowl Salad / Mix Veg Soup (Unstrained) + Gram Semolina veg crisps- 2 DRY + Mint Coriander Chutney-2 TBSP	1 Bowl Salad / Palak Soup (Unstrained) + 1/2 Cup Millets + sprouts	1 Bowl Salad / Mix Veg Soup (Unstrained) + 1 DRY Whole wheat Phulka + 1 Cup Pulses	1 Bowl Salad / Tomato Soup (Unstrained) + Zucchini noodles in lemon yellow sauce -1 and 1/2 cup
BED TIME	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) + 3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) + 3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) + 3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder