

NON-VEG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

EARLY MORNING

1 Tbsp Flaxseeds (Coarsely ground) + 1/4 TSP Cinnamon Powder

BREAKFAST

Egg Whites on Veg Wheat Toast

1 Cup Plain Almond Milk (No Sugar) + 1 Cup Muesli (Plain)

Pumpkin lasagne topped with Egg Whites

1 Cup Milk (No Sugar) (Double Skimmed Cow's Milk + 1 Cup Rolled Oats

Vegetable Fishy Bites

50 g Low Fat Paneer + 1 Cup Muesli (PLAIN)

Chicken porridge pot

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

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10 TO 15 MINS BEFORE LUNCH

2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder

LUNCH

1 Bowl Salad (Organic Apple cider vinegar) + 1 Bajra + Jowar + Ragi Bhakri + 2 Pcs Chicken / Fish (Less Gravy)

1 Bowl Salad (Regular salad) + Lemon Garlic Fish with Couscous 1 and 1/2 cup

1 Bowl Salad (1 Tbsp crushed peanuts dressing ) + Chicken in Green Gravy + 1 Cup Steamed Quinoa

1 Bowl Salad (Green chutney dressing) + Healthy Protein Roll with coleslaw

1 Bowl Salad (Lemon Pepper dressing) + Ragi Veg Bhakri + Gingery Fish

1 Bowl Salad (Thick curd dressing) + 1 DRY Multi Grain Bhakri + 1 Cup Akoori

1 Bowl Salad (Carom seeds dressing) + 1 DRY Roti + 1/2 Cup Rice + 2 Pcs Chicken / Fish (Less 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 Roasted Oats chiwda

Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1/2 DRY Bhakri (Millets)

Green / Herbal Tea -1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 2 to 3 Paneer Veg Tikki

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 Kurmura Chana

Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 DRY Khakra Veg Platter (Vegetables spread on Khakra)

Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1/2 Vegetable Wheat Sandwich

10 TO 15 MINS BEFORE DINNER

2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder

DINNER

1 Bowl Salad / Mix Veg Soup (Unstrained) + Buckwheat Chicken in Pesto Base-1 and 1/2 cup

1 Bowl Salad / Mix Veg Soup (Unstrained) + 1 DRY Whole wheat Phulka + 2 Pcs Chicken / Fish (Less Gravy)

1 Bowl Salad / Tomato Soup (Unstrained) + Patrani Macchi + 1/2 Cup Brown Rice / 1 DRY Roti

1 Bowl Salad / Palak Soup (Unstrained) + 1 dry Phulka + Chicken Gilafi on Skewers-4

1 Bowl Salad / Tomato Soup (Unstrained) + 1/2 Cup Millets + 2 Pcs Chicken / Fish (Less Gravy)

1 Bowl Salad / Mix Veg Soup (Unstrained) + Baked Fish Fingers + Nuti Chutney 2 TBSP

1 Bowl Salad / Tomato Soup (Unstrained) + Grilled Chicken with Dill leaves + Curd Vegetable Dip 1 small cup

BED TIME

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

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