

# Veg Week 3 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 Rolled Oats	1 Cup Curd (Made from Skimmed Cow's Milk) + 1 medium Hariyali Bhakri	1 medium bowl Kesari Vermicilli Porridge	1 Cup Curd (Double Skimmed Cow's Milk) + 1 medium Radish Coriander Nutri Roti (Paratha -DRY)	1 Cup Milk (No Sugar) (Double Skimmed Cow's Milk) + 1 Granola Mix (PLAIN)	1 Cup Plain Almond milk + 3 to 4 medium size multigrain Appam	4 to 5 Pcs Kuttu Moong Dal Dhokla topped 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 min BEFORE LUNCH	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
LUNCH	1 Bowl Salad (Thick curd dressing) + 1 DRY Roti + 1/2 Cup Rice + 1 Cup Pulses + 1 cup vegetable (Leafy)	1 Bowl Salad (Lemon pepper dressing) + 1 and 1/2 Cup Brown Rice Veg Pulao + 1 Cup Minty Curd	1 Bowl Salad (Regular salad) Daliya Vegetable Khichadi + 1 Cup Methi Kadhi	1 Bowl Salad (Carom seed dressing) + 1 Cup Millets + 1 Cup Dal + 1 cup vegetable (leafy)	1 Bowl Salad (1 TBSP Crushed Flaxseeds + Peanuts Dressing) + 1 Cup Rajgeera (Amaranth Seeds) Veg savoury + 1 Cup Mix Dal	1 Bowl Salad (Green Chutney dressing) + Nutri Buck Wheat Crepes -2 DRY + Sambhar 1 Cup + Nutri Chutney -2 TBSP	1 Bowl Salad (Organic Apple cider vinegar dressing) Vegetable Hotpot with beans-1 and 1/2 cup
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 + 1/2 DRY Bhakri (Millets)	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 DRY Khakra Veg Platter (Vegetables spread on Khakra)	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 cup Jowar popcorn	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 cup Oats roasted chiwda	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Roasted Makhana (unflavored)
10 TO 15 min BEFORE DINNER	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
DINNER	1 Bowl Salad / Tomato Soup (Unstrained) + Green / Black Chana Chaat + 1/2 DRY Bhakri / 1 DRY Thepla	1 Bowl Salad / Palak Soup (Unstrained) + Paneer (Low Fat) in stir fried Vegetables + 2 multigrain / wheat Crackers / 1 Dry Khakra	1 Bowl Salad / Broccoli walnut Soup (Unstrained) + Karela chips with vegetable curd dip	1 Bowl Salad / Palak Soup (Unstrained) + 1/2 Cup Rice + 1 Cup Dal	1 Bowl Salad / Tomato Soup (Unstrained) + Mix Dal Adai- 2 DRY + Nutri chutney-2 TBSP	1 Bowl Salad / Tomato Soup (Unstrained) + 1 dry Jowar Bajra Bhakri + 1 Cup Sprouts	1 Bowl Salad / Mix Veg Soup (Unstrained) + Badal Jaam- 8 to 10 Pcs
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	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