**Diet Chart { 28 Days }**

**Day 1 :**

6:30 AM Cucumber Detox Water(1 glass)

8:00 AM Oats Porridge in Skimmed Milk(1 bowl) ,Mixed Nuts(25 grams)

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Dal (1 katori) ,Gajar Matar Sabzi (1 katori),Roti (1 roti/chapati)

4:00 PM Cut Fruits (1 cup) Buttermilk (1 glass)

5:30 PM Tea with Less Sugar and Milk (1 teacup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Dal (1 katori )Lauki Sabzi (1 katori), Roti (1 roti/chapati)

**Day 2:**

On the second day, eat a mixed vegetable stuffed roti with curd for breakfast.

For lunch, have half a katori of methi rice along with lentil curry.

End your day with sauteed vegetables and green chutney.

6:30 AM Cucumber Detox Water(1 glass)

8:00 AM Curd (1.5 katori )Mixed Vegetable Stuffed Roti (2 piece)

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Lentil Curry(0.75 bowl) Methi Rice (0.5 katori)

4:00 PM Apple (0.5 small (2-3/4″ dia))Buttermilk(1 glass)

5:30 PM Coffee with Milk and Less Sugar (0.5 tea cup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati), Green Chutney(2 tablespoon)

**Day 3:**

Breakfast on day 3 would include Multigrain Toast and Skim Milk Yogurt.

In the afternoon, have sauteed vegetables with paneer and some green chutney.

Half a katori of methi rice and some lentil curry to make sure you end the day on a healthy note.

6:30 AM Cucumber Detox Water (1 glass)

8:00 AM Skim Milk Yoghurt (1 cup (8 fl oz))Multigrain Toast(2 toast)

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati), Green Chutney(2 tablespoon)

4:00 PM Banana (0.5 small (6″ to 6-7/8″ long)) Buttermilk (1 glass)

5:30 PM Tea with Less Sugar and Milk (1 teacup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)

**Day 4:**

Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelette

Follow that up with Moong Dal, Bhindi Sabzi, and roti.

Complete the day’s food intake with steamed rice and palak chole.

6:30 AM Cucumber Detox Water(1 glass)

8:00 AM Fruit and Nuts Yogurt Smoothie (0.75 glass) Egg Omelette (1 serve(one egg))

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori) Roti (1 roti/chapati)

4:00 PM Orange(1 fruit (2-5/8″ dia )Buttermilk ( 1 glass)

5:30 PM Coffee with Milk and Less Sugar (0.5 tea cup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Palak Chole (1 bowl)Steamed Rice (0.5 katori)

**Day 5:**

Have a glass of skimmed milk and peas poha for breakfast on the fifth day.

Eat a missi roti with low fat paneer curry in the afternoon.

End the day with roti, curd and aloo baingan tamatar ki sabzi.

6:30 AM Cucumber Detox Water(1 glass)

8:00 AM Skimmed Milk (1 glass)Peas Poha (1.5 katori)

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Low Fat Paneer Curry (1.5 katori) Missi Roti (1 roti)

4:00 PM Papaya(1 cup 1″ pieces)Buttermilk (1 glass)

5:30 PM Tea with Less Sugar and Milk (1 teacup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Curd(1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori) Roti (1 roti/chapati)

**Day 6:**

On Day 6, have idli with sambar for breakfast

For lunch, roti with curd and aloo baingan tamatar ki sabzi

To end Day 6, eat green gram with roti and bhindi sabzi

6:30 AM Cucumber Detox Water (1 glass)

8:00 AM Mixed Sambar(1 bowl)Idli (2 idli)

12:00 PM Skimmed Milk Paneer(100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori) Roti (1 roti/chapati)

4:00 PM Cut Fruits (1 cup) Buttermilk (1 glass)

5:30 PM Coffee with Milk and Less Sugar (0.5 tea cup)

8:50 PM Mixed Vegetable Salad (1 katori)

9:00 PM Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori) Roti (1 roti/chapati)

**Day 7:**

On the seventh day, start with besan chilla and green garlic chutney.

Have steamed rice and palak chole for lunch.

End the week on a healthy note with low fat paneer curry and missi roti.

6:30 AM Cucumber Detox Water (1 glass)

8:00 AM Besan Chilla (2 cheela) Green Garlic Chutney(3 tablespoon)

12:00 PM Skimmed Milk Paneer (100 grams)

2:00 PM Mixed Vegetable Salad (1 katori)

2:10 PM Palak Chole (1 bowl)Steamed Rice (0.5 katori)

4:00 PM Apple(0.5 small (2-3/4″ dia))Buttermilk(1 glass)

5:30 PM Tea with Less Sugar and Milk(1 teacup)

8:50 PM Mixed Vegetable Salad(1 katori)

9:00 PM Low Fat Paneer Curry(1 katori)Missi Roti(1 roti)