

## ■ DAY 1

### **Morning:**

Warm water + lemon

5 soaked almonds + 1 walnut

Breakfast – Oats porridge with skim milk + ½ banana

**Mid-Morning:** Coconut water

### **Lunch:**

Brown rice + moong dal

Steamed lauki (bottle gourd)

Salad + 1 cup curd

**Evening Snack:** Green tea + roasted chana

### **Dinner:**

2 chapati + grilled fish (rohu/pomfret) + boiled vegetables

Warm water before bed

## ■ DAY 2

### **Morning:**

Jeera water

2 boiled eggs + 1 toast

1 orange or apple

**Mid-Morning:** Buttermilk

### **Lunch:**

2 chapati + chicken stew (boiled or grilled)

Spinach sabzi + salad

**Evening Snack:** Herbal tea + 1 bowl papaya

### **Dinner:**

Vegetable khichdi + curd

1 tsp flaxseed before sleep

## ■ DAY 3

### **Morning:**

Lemon water + chia seeds

Vegetable poha + 1 boiled egg

**Mid-Morning:** 1 glass fresh fruit juice (no sugar)

### **Lunch:**

Steamed rice + dal + bhindi sabzi

1 small bowl salad

**Evening Snack:** Makhana + green tea

### **Dinner:**

Grilled paneer + stir-fried vegetables

1 cup soup (tomato or pumpkin)

## ■ DAY 4

### **Morning:**

Warm water + turmeric pinch

Oats pancakes + 1 boiled egg

**Mid-Morning:** Coconut water

### **Lunch:**

Multigrain roti + toor dal

Mix-veg curry + salad

**Evening Snack:** Buttermilk + handful walnuts

### **Dinner:**

Boiled chicken + vegetable clear soup

1 fruit (apple/guava)

## ■ DAY 5

### **Morning:**

Lemon water + 5 almonds

Upma with veggies

**Mid-Morning:** 1 glass cucumber-mint detox water

### **Lunch:**

2 chapati + masoor dal + beans sabzi

1 cup curd

**Evening Snack:** Herbal tea + roasted peanuts

### **Dinner:**

Grilled fish + stir-fried broccoli & carrots

1 bowl soup

## ■ DAY 6

### **Morning:**

Aloe-vera juice (30 ml)  
2 boiled eggs + 1 toast  
1 fruit (apple/pear)

**Mid-Morning:** Buttermilk

### **Lunch:**

Brown rice + rajma + cabbage sabzi  
Salad

**Evening Snack:** Green tea + 1 banana

### **Dinner:**

Vegetable soup + 2 chapati + paneer bhurji  
Warm water before bed

## ■ DAY 7

### **Morning:**

Warm lemon water + 1 tsp honey

Vegetable dalia + 1 boiled egg

**Mid-Morning:** Coconut water

### **Lunch:**

Grilled chicken + boiled rice + spinach sabzi

Curd + salad

**Evening Snack:** Roasted makhana + herbal tea

### **Dinner:**

Moong dal khichdi + steamed vegetables

1 cup chamomile tea before sleep