

6:30 AM – WAKE UP TIME

6:45 AM

DO OIL PULLING FOR 20 MINUTES WITH COCONUT OIL (use 2tbsp)

AFTER 15 MINUTES

TAKE 40ML PRICKLEY PEAR JUICE IN 1 GLASS OF WATER, SQUEEZE HALF LEMON INTO IT AND HAVE IT.

7:15 AM

ROSEMARY TEA (1 MUG) + SOAKED CASHEWS (4PCS) + SOAKED ALMONDS (6PCS) + SOAKED BRAZIL NUTS (2PCS)

DAYS	MEAL OPTIONS					
	BREAKFAST 7:30-8:00 AM	MID MEAL 11:00 PM	LUNCH 1:00 PM	EVE 3:30 PM	5:00 PM	DINNER 6:30-7:00 PM
9 TH , 10 TH , 11 TH JUNE	Avocado sandwich (use 50g mashed avocado + 3-4pcs sourdough/ezikel bread, seasoning and herbs as per taste) + 1 glass almond milk (use 200ml unsweetened almond milk) + soaked chia seeds (5g)	1 grapefruit	1 burrito bowl (use 50g uncooked foxtail millet/quinoa + 100g boiled chickpea, add minced garlic, lime juice, 1tbsp corn kernels, cherry tomatoes, bell peppers, 1tspn sour cream/guacamole, cilantro leaves, radishes, jalapenos, black pepper, salt as per taste) + 1 bowl curd (use 100g cow milk curd)	Peppermint tea (1 mug) + Sesame seeds, pumpkin and watermelon seeds (5g)	Ginger and lemon tea (1 mug) + 1 bowl roasted makhana (use 30g)	9 TH , 11 TH JUNE: Paneer and millet salad (use 150g low fat paneer + 30g uncooked foxtail millet, add chopped onions, cucumber, steamed brocolli, cilantro leaves, lemon juice, spices and salt as per taste) 10 TH JUNE: Tofu bhurji (use 150g tofu, add chopped onions, tomatoes, cilantro leaves, green chillies, spices and salt as per taste) + 1 bowl bottlegourd veg + 1 chapati (use 2tbsp oats flour)
12 TH , 14 TH JUNE	1 bowl mixed fruits (1 apple + 1 pear + ½ bowl papaya + 1 grapefruit + 1 kiwi + ½ pomegranate) + 1 glass almond milk (use 200ml unsweetened almond milk) + soaked chia seeds (5g)	1 bowl watermelon	1 Plate salad (cucumber, radish, ½ beet) + 1-2 bowl sambhar + 2 plain dosa + 1 bowl curd (use 100g cow milk curd)	Peppermint tea (1 mug) + Sesame seeds, pumpkin and watermelon seeds (5g)	Ginger and lemon tea (1 mug) + 1 bowl sweet potato chaat (use 1 medium boiled sweet potato, add lemon juice, chaat masala, cilantro	Pan fried fish with roasted veggies (use 120g salmon) + roasted veggies like onions, mushrooms, zucchini, brocolli, asparagus, lettuce + 1 bowl steamed quinoa (use 30g uncooked quinoa)

					leaves to it)	
15 TH , 16 TH JUNE	Bread omelette (use 2-3pcs sourdough/sprouted/ezikel breads + 1 whole egg, add chopped onions, tomatoes, green chillies, coriander leaves, spices and salt as per taste) + 1 glass almond milk (use 200ml unsweetened almond milk) + soaked chia seeds (5g)	1 orange	1 Plate cucumber, carrot and onion salad + 1 Plate buckwheat khichadi (use 3-4tbsp uncooked buckwheat daliya + 2tbsp yellow moong daal, lots of chopped veggies to it like onions, tomatoes, zucchini, beans, carrot, spices and salt as per taste) + 1 bowl curd (use 100g cow milk curd)	Peppermint tea (1 mug) + Sesame seeds, pumpkin and watermelon seeds (5g)	Ginger and lemon tea (1 mug) + Multigrain crackers (15-20pcs)	1 bowl chicken curry (use 100g chicken) + 1 chapati (use 2tbsp oats flour)
17 TH , 18 TH JUNE	Overnight oats (use 200ml almond milk + 200ml almond milk + 1tspn chia seeds, add 4-5 slices of chopped apples, 1 fist blueberries, 1tspn honey, 2 soaked almonds) **Use 2tspn extra virgin olive oil in breakfast preparation	1 bowl cantaloupe	1 bowl cucumber, ½ beetroot, steamed broccoli salad + 1 bowl thin split green moong daal + 1 bowl pumpkin veg + 2 chapati (use 2tbsp amaranth flour) + 1 bowl curd (use 100g cow milk curd) **Use 2tspn oil in lunch preparation	Peppermint tea (1 mug) + Sesame seeds, pumpkin and watermelon seeds (5g)	Ginger and lemon tea (1 mug) + 1 bowl roasted makhana (use 30g)	1 Egg wrap (FOR WRAP: use 2tbsp oats flour) + 1 whole and 5 egg whites, slices of onions, capsicum, lettuce, green cabbage, 1tbsp green chutney, spices and salt as per taste) **Use 2tspn extra virgin olive oil in dinner preparation

BRISK WALK FOR 30-45 MINUTES AFTER DINNER IS MANDATORY

BEFORE SLEEP

1 MUG CHAMOMILE TEA

11:00 PM

SLEEP

BEFORE SLEEP DO DEEP BREATHING EXERCISE FOR 10 MINUTES AND MEDITATION FOR 5 MINUTES (MANDATORY)