

## DAY 1

**6:00 AM** Cucumber Detox Water (1 glass)

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

**2:00 PM** Dal (1 katori) Gajar Matar Sabzi (1 katori)  
Roti (1 roti/chapati)

**4:00 PM** Cut Fruits (1 cup)

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

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

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## DAY 2

**6:00 AM** Cucumber Detox Water (1 glass)

**8:00 AM** Curd (1 katori)  
Mixed Vegetable Stuffed Roti (2 pieces)

**2:00 PM** Mixed Vegetable Salad (1 katori)  
Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)

**4:00 PM** Apple (1 small)

**5:30 PM** Coffee with Milk and Less Sugar (1 tea cup)

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

## DAY 3

**6:00 AM** Cucumber Detox Water (1 glass)

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

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

**4:00 PM** Banana (1)

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

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

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## DAY 4

**6:00 AM** Cucumber Detox Water (1 glass)

**8:00 AM** Fruit and Nuts Yogurt Smoothie (1 glass)

**2:00 PM** Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori)  
Roti (1 roti/chapati)

**4:00 PM** Orange (1)

**5:30 PM** Coffee with Milk and Less Sugar (1tea cup)

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

## DAY 5

**6:00 AM** Cucumber Detox Water (1 glass)

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

**2:00 PM** Low Fat Paneer Curry (1 katori)  
Roti (1 roti)

**4:00 PM** Papaya (1)

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

**9:00 PM** Roti (1)  
Aloo Baingan Tamatar Ki Sabzi (1 katori)

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## DAY 6

**6:00 AM** Cucumber Detox Water (1 glass)

**8:00 AM** Fruit and Nuts Yogurt Smoothie (1 glass)

**2:00 PM** Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori)  
Roti (1 roti/chapati)

**4:00 PM** Orange (1)

**5:30 PM** Coffee with Milk and Less Sugar (1tea cup)

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

## DAY 7

**6:00 AM** Cucumber Detox Water (1 glass)

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

**2:00 PM** Palak Chole (1 bowl)  
Steamed Rice (0.5 katori)

**4:00 PM** Papaya (1)

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

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