

## DAY 1

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

**8:00 AM** 2 egg brown bread sandwich  
Green chutney  
1 cup milk + 3 cashews + 4 almonds + 2 walnuts

**2:00 PM** Arhar dal (1 katori) and Potato curry (1 katori)  
Chapatti (3)  
Rice (1/2 cup)

**4:00 PM** Strawberry smoothie (1 cup)

**5:30 PM** Banana shake (1 cup)

**9:00 PM** Dal (2 katori) Lauki Sabzi (1 katori)  
Roti (3 roti/chapati)

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## DAY 2

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

**8:00 AM** 3 onion stuffed paratha  
1 cup curd + 3 cashews + 4 almonds + 2 walnuts

**2:00 PM** Mixed Vegetable Salad (1 katori)  
Moong dal (1 bowl)  
Potato and cauliflower (1 bowl)  
Chapatti (3)  
Rice (0.5 katori)

**4:00 PM** Pomegranate juice (1 cup)

**5:30 PM** Mango shake (1 cup)

**9:00 PM** Vegetables with Paneer (1 katori)  
Roti (3 roti/chapati)  
Green Chutney (2 tablespoon)

## DAY 3

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

**8:00 AM** Paneer stuffed besan Chilla (3)  
1 cup curd + 3 cashews + 4 almonds + 2 walnuts

**2:00 PM** Vegetables with Paneer (1 katori)  
Roti (3 roti/chapati)  
Green Chutney (2 tablespoon)

**4:00 PM** Tomato soup with bread crumbs (1)

**5:30 PM** Apple smoothie with maple syrup (1)

**9:00 PM** Carrot peas Curry (1 bowl)  
Roti (3 roti/chapati)  
Rice (0.5 katori)

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## DAY 4

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

**8:00 AM** Vegetable bread upma (1 bowl)

**2:00 PM** Rajma curry (1 katori)  
Roti (3 roti/chapati)

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

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

**9:00 PM** Palak Chole (1 bowl)  
Roti (3 roti/chapati)  
Steamed Rice (0.5 katori)

## DAY 5

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

**8:00 AM** Cucumber potato sandwich (1 glass)  
Peas Poha (1 katori)

**2:00 PM** White chana sabji (1 katori)  
Roti (3 roti)  
Steamed Rice (0.5 katori)

**4:00 PM** Almond milk + banana (1 glass)

**5:30 PM** Sweet potato chaat (1 bowl)

**9:00 PM** Roti (3)  
Aloo Baingan Tamatar Ki Sabzi (1 katori)

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## DAY 6

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

**8:00 AM** Vegetable poha (1 bowl)

**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** Peas mushroom sabzi (1 katori)  
Roti (1 roti/chapati)

## DAY 7

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

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

**2:00 PM** Palak Chole (1 bowl)  
Roti(3)  
Steamed Rice (0.5 katori)

**4:00 PM** Vegetable cutlets (4 pc)  
Green Garlic Chutney (3 tablespoon)

**5:30 PM** Coconut water (1)

**9:00 PM** Soybean Curry (1 katori)  
Roti (3 roti)