

DAY 1

SUNDAY

09-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Moong Dal cheela without oil (2 cheela) , Coriander Chutney (1 tablespoon)

Soak moong dal in water overnight, blend it well into thick paste. Add in chopped vegetables of your choice. Cook cheela in less oil.

MID MEAL

11:30 AM

Apple (1 cup slices) , Mixed Seeds (1 tablespoon)

If not apple, you can also have other fruits like papaya, pomegranate, strawberry, pear and guava.

Sprinkle mix seeds over fruit for omega3 and fiber

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Pumpkin Sabzi (1 cup) , Beetroot Salad (1 cup) , Zeera Raita (1 cup)

50% Oats atta + 50% normal atta. Oats are rich in fiber hence improve metabolic rate by reducing constipation

Squeeze some lime over the salad to get extra dose of vitaminC

Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

05:00 PM

Green Tea (1 cup) , Makhana chaat (1 small katori)

Have tea either 15-20 minutes before or after the snack.

So, that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:30 PM

Oats Roti (2 roti/chapati) , Gobhi Masala (1 cup) , Chukandar Tomato Onion salad (1 cup)

50% oats atta + 50% normal atta.

Oats are high infiber helps to boost metabolism

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. It helps to reduce digestive discomforts improving metabolic rate

DAY 2

MONDAY

10-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Makhana Kheer (1 cup)

AVOID ADDING SUGAR

MID MEAL

11:30 AM

Buttermilk (1 glass) , Mixed Seeds (1 tablespoon)

*Sprinkle mix seeds over fruit for omega3 and fiber*

LUNCH

02:00 PM

Mixed Fruit Salad (1 bowl)

EVENING

05:00 PM

Green Tea (1 cup) , Makhana (1 cup)

*Have tea either 15-20 minutes before or after the snack.*

*So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

06:30 PM

Oats Roti (2 roti/chapati) , Zeera Aloo (1 katori) , Tomato Cucumber Salad (1 katori)

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. *It helps to reduce digestive discomforts improving metabolic rate*

DAY 3

TUESDAY

11-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Oats and Vegetable Poha (1 bowl)

1 tbsp of rolled oats + 1 tbsp of poha, add in chopped vegetables to the poha. Cook poha in less oil.

MID MEAL

11:30 AM

Apple (1 cup slices) , Mixed Seeds (1 tablespoon)

If not apple, you can also have other fruits like papaya, pomegranate, strawberry, pear and guava.

Sprinkle mix seeds over fruit for omega3 and fiber

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Tomato Cucumber Salad (1 cup) , Moong Masoor Dal (1 katori) , Onion Raita (1 cup)

50% Oats atta + 50% normal atta. Oats are rich in fiber hence improve metabolic rate by reducing constipation

Squeeze some lime over the salad to get extra dose of vitaminC

Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

05:00 PM

Green Tea (1 cup) , Murmura Chiwda Roasted (1 bowl)

Have tea either 15-20 minutes before or after the snack.

So, that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:30 PM

Oats Roti (2 roti/chapati) , Lauki Moong Dal (1 katori) , Tomato Cucumber Salad (1 katori)

50% Oats atta + 50% normal atta. Oats are rich in fiber hence improve metabolic rate by reducing constipation

Squeeze some lime over the salad to get extra dose of vitaminC

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. It helps to reduce digestive discomforts improving metabolic rate

DAY 4

WEDNESDAY

12-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Grilled Vegetable Sandwich (2 sandwich) , Mint Chutney (2 tablespoon)

MID MEAL

11:30 AM

Apple (1 cup slices) , Mixed Seeds (1 tablespoon)

If not apple, you can also have other fruits like papaya, pomegranate, strawberry, pear and guava.

Sprinkle mix seeds over fruit for omega3 and fiber

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Onion Radish Tomato Salad (1 bowl) , Lauki Raita (1 cup) , Paneer Bhurji (1 katori)

50% Oats atta + 50% normal atta. Oats are rich in fiber hence improve metabolic rate by reducing constipation

Squeeze some lime over the salad to get extra dose of vitaminC

Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

05:00 PM

Green Tea (1 cup) , Makhana chaat (1 small katori)

Have tea either 15-20 minutes before or after the snack.

So, that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:00 PM

Moong Wrap (1 piece) , Tomato chutney (1 tablespoon)

To make a quick and tasty moong wrap, start by cooking sprouted moong beans with spices like cumin, turmeric, and chili powder. Then, spread the cooked moong mixture onto a whole wheat tortilla or oats roti, add your favorite veggies like lettuce, tomatoes, and onions, and drizzle with a tangy yogurt or mint chutney. Roll it up tightly and enjoy a nutritious and flavorful meal on the go!

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. It helps to reduce digestive discomforts improving metabolic rate

DAY 5

THURSDAY

13-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Apple Cinnamon Overnight Oats (1 cup)

MID MEAL

11:30 AM

Apple (1 cup slices) , Mixed Seeds (1 tablespoon)

If not apple, you can also have other fruits like papaya, pomegranate, strawberry, pear and guava.

Sprinkle mix seeds over fruit for omega3 and fiber

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Arhar Chana Dal (1 katori) , Tomato Cucumber Salad (1 cup) , Beetroot Raita (1 katori)

50% Oats atta + 50% normal atta. Oats are rich in fiber hence improve metabolic rate by reducing constipation

Squeeze some lime over the salad to get extra dose of vitaminC

Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

05:00 PM

Green Tea (1 cup) , roasted kala chana (1 katori)

Have tea either 15-20 minutes before or after the snack.

So, that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:30 PM

Arhar Dal Chilla (2 cheela) , Amla Dhania Chutney (1 tablespoon)

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. It helps to reduce digestive discomforts improving metabolic rate

DAY 6

FRIDAY

14-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Toned Milk (1 glass) , Apple (1 cup, quartered or chopped)

MID MEAL

11:30 AM

Coconut water (1 glass) , Mixed Seeds (1 tablespoon)

*Sprinkle mix seeds over fruit for omega3 and fiber*

LUNCH

02:00 PM

Mixed Fruit Salad (1 bowl)

EVENING

05:00 PM

Green Tea (1 cup) , Makhana (1 cup)

*Have tea either 15-20 minutes before or after the snack.*

*So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

06:30 PM

Oats Roti (2 roti/chapati) , Jeera Lauki (1 bowl) , Tomato Cucumber Salad (1 bowl)

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. *It helps to reduce digestive discomforts improving metabolic rate*

DAY 7

SATURDAY

15-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

Soak 1 tsp of chia seeds in 1 glass of water overnight , squeeze half a lemon in the glass before having.

Rich in Fiber & Vit C , Improves metabolism and Promotes Healthy Skin & Hair.

BREAKFAST

09:00 AM

Kala chana onion chat (1 bowl)

MID MEAL

11:30 AM

Apple (1 cup slices) , Mixed Seeds (1 tablespoon)

If not apple, you can also have other fruits like papaya, pomegranate, strawberry, pear and guava.

*Sprinkle mix seeds over fruit for omega3 and fiber*

LUNCH

02:00 PM

Brown rice (1 bowl) , Black chana curry (1 cup) , Tomato Cucumber Salad (1 katori) , Cucumber Raita (1 cup)

*Cook rice in excess of water.*

*Curd is a good probiotic improves gut health*

EVENING

05:00 PM

Green Tea (1 cup) , Mixed Sprouts (1 katori)

*Have tea either 15-20 minutes before or after the snack.*

*So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

07:30 PM

Oats Rava Vegetable Idli sauteed in Olive oil (1 bowl)

Toss diced idli with sauteed vegetables

POST DINNER

10:00 PM

Ajwain Water (1 glass)

Take 1 tsp of ajwain in 1 glass of water. Boil it, sieve and have it at normal temperature. *It helps to reduce digestive discomforts improving metabolic rate*

## ADDITIONAL NOTES

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### Important Notes:

- Make sure to Add Protein options in your meals.
- Always focus on the quantity of food you are eating.
- Take light dinner on the day you needs to check your weight.
- Drink atleast 3 liters of water daily.

Take dinner before 7pm on 4th and 6th day

If you feel hungry you can have fruits, nuts, milk and roasted makhana without salt.

**DO CHECK YOUR EMPTY STOMACH WEIGHT ON LAST DAY OF PLAN**

### Weight Management Guidelines:

- Have short and frequent meals.
- Sweet fruits like chikoo, banana, grapes, watermelon and mango should be consumed in moderation. You can have fruits like apples, pears, papaya, guava, berries, pomegranate, malta, and oranges.
- Avoid consuming processed food items like pickles, papads, cold drinks, chips, and biscuits.
- Avoid having refined sugar in any form, instead have natural sugar in the form of fruits.
- Avoid having sweet fruits like chikoo, banana, mango, grapes. You can have fruits like apple, pear, papaya, guava, berries, and oranges.
- Avoid consuming whole Milk. You can substitute low fat milk on alternative days.
- Make sure to have at least 2-3 litres of water in a day to maintain electrolyte balance.