

DAY 1

THURSDAY

13-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Wheat Flakes With Milk (1 bowl)

Do not add sugar in the milk.

MID MEAL

11:30 AM

Apple (1 medium) , Mint Lemon Water (1 cup)

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

Have Mint Lemon water 30 minutes after having a fruit.

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Urad Chana Dal (1 katori) , Curd (1 katori) , Tomato Cucumber Salad (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta.

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

EVENING

04:00 PM

Green Tea (1 cup) , Roasted Plain Khakhra (1 piece)

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

09:00 PM

Tandoori Roti (1 roti) , Mixed Vegetable (1 katori) , Cucumber Onion Salad (1 katori)

Marriage Food - outside

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 2

FRIDAY

14-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Vegetable Dalia (1 cup) , Coriander Chutney (1 teaspoon) , Toned Milk (1 glass)

MID MEAL

11:30 AM

Carrot Tomato Corn Salad (1 cup) , Jeera Buttermilk (1 glass)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Mixed Dal with Vegetables (1 cup) , Curd (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta.

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

EVENING

04:00 PM

Green Tea (1 cup) , roasted kala chana (3 tablespoon)

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

09:00 PM

Oats Roti (1 roti/chapati) , Onion Karela Besan Subzi (1 katori) , Cucumber Onion Salad (1 cup)

To make oats Roti - Take 50% oats atta + 50% normal atta.

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 3

SATURDAY

15-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Apple Smoothie (1 glass) , Dates Soaked (1 small date)

MID MEAL

11:30 AM

Sauteed Vegetables (1 cup)

LUNCH

02:00 PM

Vegetable Dalia (1 bowl) , Tomato Curry (1 katori) , Curd (1 katori)

Add lots of vegetables into Daliya for that added dose of fiber.

EVENING

04:00 PM

Green Tea (1 cup) , Roasted Salted 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

09:00 PM

Moong Dal Cheela (2 cheela) , Mint Coriander Chutney (1 tablespoon) , Sauteed Vegetables (1 cup)

Use 2tbsp boiled & mashed moong dal to make cheela , stuff with vegetables of your choice

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 4

SUNDAY

16-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Muesli with milk (1 bowl)

MID MEAL

11:30 AM

Papaya, ripe (1 fruit, small)

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

LUNCH

02:00 PM

Vegetable Pulao (1 cup) , Cucumber Raita (1 katori) , Vegetable Salad (1 cup)

EVENING

04:00 PM

Green Tea (1 cup) , Murmura Chiwda Roasted (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

09:00 PM

Oats Vegetable Khichdi (1 bowl) , Tomato Cucumber Salad (1 bowl)

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 5

MONDAY

17-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Milk Dalia with Jaggery (1 bowl)

Add only 1 tsp of jaggery.

MID MEAL

11:30 AM

Papaya, ripe (1 cup 1" pieces) , Mint Lemon Water (1 glass)

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

LUNCH

02:00 PM

Vegetable Roti (2 roti/chapati) , Mixed vegetable raita (1 katori) , Cucumber Beetroot Salad (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta. Add grated vegetables in the roti.

Avoid adding potatoes to your mix vegetable raita. Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

04:00 PM

Multigrain toast with sliced tomato and mint chutney (2 piece) , Green Tea (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

09:00 PM

Onion Tomato Oats Cheela (3 cheela) , Coriander Peanut Chutney (1 tablespoon)

Cook cheela in less oil.

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 6

TUESDAY

18-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Whole Wheat Bread Mixed Vegetables Sandwich (1 sandwich) , Toned Milk (1 glass)

MID MEAL

11:30 AM

Pomegranates (1 cup)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Moong Dal (1 katori) , Chukandar Tomato Onion salad (1 katori) , Curd (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta.

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

EVENING

04:00 PM

Green Tea (1 cup) , Roasted Salted 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

09:00 PM

Apple Smoothie (1 glass) , Dates Soaked (1 small date)

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 7

WEDNESDAY

19-06-2024

EARLY MORNING

07:00 AM

Lemon Chia Seeds Water (1 glass) , Soaked Almond (6 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, the next morning before having.

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

BREAKFAST

09:00 AM

Chia Seed Pudding (1 cup)

For chia seed pudding use 3 tbsp of chia seeds + 150 ml of low fat milk, soaked overnight, top it up with freshly chopped fruits and grated nuts)

MID MEAL

11:30 AM

Apple (1 cup slices) , Coconut water (1 glass)

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

Have lemon mint water 30 minutes after your fruit.

LUNCH

02:00 PM

Boiled Rice (1 katori) , Kadhi (1 katori) , Cucumber Onion Salad (1 katori)

Cook rice in excess of water and drain water to remove starch.

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

EVENING

04:00 PM

Green Tea (1 cup) , Whole Wheat Mathri (2 mini mathri)

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

09:00 PM

Oats Roti (1 roti/chapati) , Capsicum Sabji (1 katori) , Corn And Vegetable Salad (1 cup)

To make oats Roti- Take 50% oats atta + 50% normal atta.

POST DINNER

10:30 PM

Ajwain Water (1 glass)

Take 1 teaspoon Ajwain seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

## ADDITIONAL NOTES

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### Important Notes:

Please check your weight empty stomach on the last day of the diet.

### 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.