EARLY MORNING: (8AM)

1 GLASS LUKEWARM WATER FOOLOWED BYL UKEWARM LEMON WATER
1 GLASSE WITH DASH OF CINNAMON AND BLACK PEPPER POWDER

POST BREAKFAST (AFTER 1 HOUR OF BREAKFAST)

LUKEWARM JEERA WATER

MID MORNING

DAY 1&3 ANY 1 FRUIT
DAY 2 &5BOWL OF CUCUMBER AND TOMATO
DAY 7&6 COCONUT WATER 1 WHOLE COCONUT
DAY 4 BOWL OF WATERMELON

POST LUNCH (AFTER 1 HOUR OF LUNCH)

LUKEWARM JEERA WATER

EVENING: (4 PM)

GREEN TEA + 2 KIWI / 1 BOWL WATERMELON / 1 BOWL PAPAYA + 2 SOAKED WALNUTS

LATE EVENING1: (6 PM)

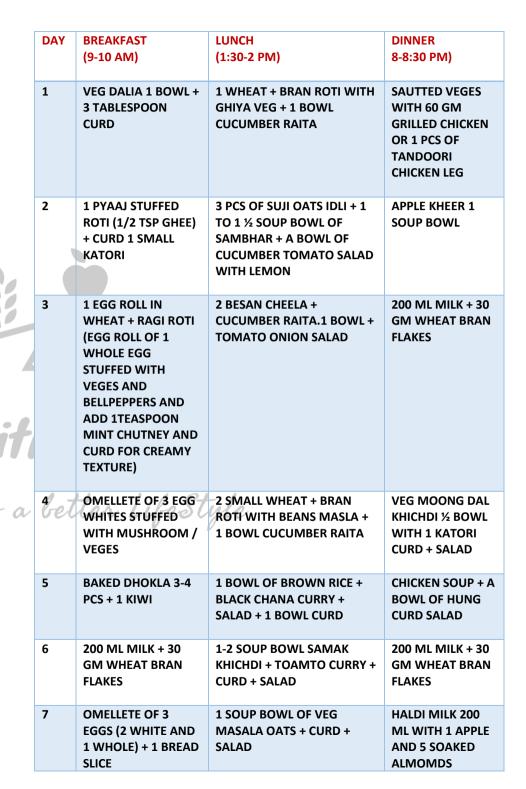
1 TEASPOON OF CHIA SEEDS SOAKED IN WATER

LATE EVENING 2: BOWL OFCUCUMBER

CHEW FENNEL SEEDS AFTER DINNER

POST DINNER:

TURMERIC WATER WITH A DASH OF CINNAMON AND BLACK PEPPER IN IT



- ROTI FOR THIS WEEK IS WHEAT + BRAN (1:1)
- AVOID HAVING BANANA
- EAT A LOT OF SALAD
- WHEN FEELING HUNGRY YOU CAN HAVE 1 GLASS OF COCONUT WATER, 1 FIST BHUNA CHANA OR 1 GLASS NAMKEEN LASSI
- MAKE A ROUTINE OF ATLEAST 30-45 MINUTES OF LIGHT WORKOUT OR 10K STEPS A DAY
- NO EXTRA SALT ON SALADS AND BREAD
- USE ONLY 3 TABLESPOON OIL/ DAY
- DAILY WATER CONSUMPTION IS 2.5L-3L (AS THE FOCUS IS ON PORTION CONTROL)



NutritionAlley

Pathway to a better LifeStyle