

DAY 1

TUESDAY

11-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Vegetable Oats (1 bowl) , **Curd** (1 katori)

Add rolled oats and water or vegetable broth to the pan. Cook until the oats are soft and have absorbed the liquid.

MID MEAL

11:30 AM

Apple (7 slice) , **Flax Seeds** (1 teaspoon, whole)

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

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , **Mixed Vegetable** (1 katori) , **Zeera Raita** (1 katori) , **Tomato Cucumber Salad** (1 katori)

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** (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

07:30 PM

Wheat And Jowar Roti (1 roti) , **Moong Dal** (1 katori) , **tomato onion salad** (1 katori)

POST DINNER

11:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

DAY 2

WEDNESDAY

12-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Vegetable Poha without Oil (1 katori) , **Jeera Buttermilk** (1 glass)
add good portion of vegetables.

MID MEAL

11:30 AM

Kiwi (1 fruit) , **Flax Seeds** (1 teaspoon, whole)

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

Kiwi rich in Vitamin C

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , **Choliya Paneer Subzi** (1 katori) , **Mint Coriander Chutney** (1 tablespoon) , **Cucumber** (7 slice)

EVENING

05:00 PM

Green Tea (1 cup) , **Roasted Salted Makhana** (1 grams)

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.

Makhana is rich in calcium

DINNER

07:30 PM

Spinach and Lentil Soup (1 bowl) , **Mint Coriander Chutney** (1 tablespoon)

To make a hearty spinach and lentil soup, start by sautéing chopped onions, garlic, and carrots in olive oil until softened. Add rinsed lentils, vegetable broth, and diced tomatoes, allowing it to simmer until lentils are tender. Stir in fresh spinach, season with salt, pepper, and a dash of cumin, and simmer until spinach wilts. Serve

POST DINNER

11:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

DAY 3

THURSDAY

13-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.
Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Sprouts Oats Tikki (2 piece) , **Mint Chutney** (1 teaspoon)

Combine 1 cup of cooked sprouts, 1/2 cup of oats, 1/4 cup of finely chopped onions, 1/4 cup of grated carrots, and spices like cumin, coriander, and chili powder in a bowl. Form into patties and shallow fry in a non-stick pan until golden brown on both sides

MID MEAL

11:30 AM

Apple (7 slice) , **Flax Seeds** (1 teaspoon, whole)

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , **Parwal Aloo Sabzi** (1 katori) , **Tomato Cucumber Salad** (1 katori)

EVENING

05:00 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

07:30 PM

Sprouts Quinoa Cheela (1 piece) , **Mint Coriander Chutney** (1 tablespoon)
In a bowl, mix 1 cup of cooked sprouts, 1/2 cup of cooked quinoa, 1/4 cup of finely chopped vegetables (like bell peppers, onions, and spinach), and spices such as cumin, turmeric, and salt. Heat a non-stick pan and pour a ladleful of the mixture, spreading it into a thin circle. Cook until golden brown on both sides. Serve hot with chutney

POST DINNER

11:00 PM

Fennel seed water (1 glass)
Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.
Fennel seeds helps in better digestion

DAY 4

FRIDAY

14-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Vermicelli with Mixed Vegetable (1 bowl)

MID MEAL

11:30 AM

Lime, sweet musambi (1 fruit) , **Flax Seeds** (1 teaspoon, whole)

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

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , **Rajmah Curry** (1 katori) , **Cucumber Carrot Salad** (1 katori) , **Curd** (1 katori)

EVENING

05:00 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

07:30 PM

Rajmah Cucumber Tomato Salad (1 katori)

take 2-3 tbsp of boiled rajma add chopped cucumber tomato and onion.

POST DINNER

11:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

DAY 5

SATURDAY

15-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Spinach Cucumber Smoothie (1 glass)

Blend 1 cup of spinach, 1/2 cucumber, and a handful of mint leaves. Add 1/2 avocado for creaminess, and squeeze in the juice of half a lemon for a zesty kick. Incorporate water or coconut water for hydration, blend until smooth

Contains good fiber

MID MEAL

11:30 AM

Pomegranates (1 cup) , **Flax Seeds** (1 teaspoon, whole)

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , **French Beans with Tomato Curry** (1 bowl) , **Cabbage Carrot Lettuce Salad** (1 katori)

EVENING

05:00 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

07:00 PM

Oats Vegetable Khichdi (1 bowl) , **Mint Coriander Chutney** (1 tablespoon) , **Tomato Cucumber Salad** (1 katori)

Add sauteed vegetables

POST DINNER

09:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

DAY 6

SUNDAY

16-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut) soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Moong Dal Cheela (2 cheela) , **Mint Chutney** (1 teaspoon)
stuff good portion of vegetables.

MID MEAL

11:30 AM

Pomegranates (1 cup) , **Flax Seeds** (1 teaspoon, whole)

LUNCH

02:00 PM

Paneer Capsicum (1 bowl) , **Cabbage Carrot Lettuce Salad** (1 katori) , **Wheat And Jowar Roti** (2 roti)

EVENING

05:00 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

07:00 PM

Soyabean Badi Chickpeas Salad (1 bowl) , **Multigrain Toast** (1 toast) , **Mint Coriander Chutney** (1 tablespoon)

For a nutritious soybean and chickpea salad, combine cooked soybeans and chickpeas in a bowl. Add diced cucumbers, cherry tomatoes, and finely chopped red onions. Drizzle with a dressing made of olive oil, lemon juice, minced garlic, salt, and pepper. Toss well, garnish with fresh herbs like coriander or mint, and serve chilled.

POST DINNER

09:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

DAY 7

MONDAY

17-06-2024

EARLY MORNING

06:00 AM

Soaked Methi seeds water (1 glass) , **Soaked Almond** (5 almond) , **Soaked Walnut** (1 walnut)
soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.

Methi helps de-bloat and to get rid of the excess water weight

BREAKFAST

09:00 AM

Mushroom Sandwich (1 sandwich)

MID MEAL

11:30 AM

Pomegranates (1 cup) , **Flax Seeds** (1 teaspoon, whole)

LUNCH

02:00 PM

Dosa (Plain) (1 small) , **Sambar** (1 katori) , **Coconut chutney** (1 teaspoon)
stuff with good portion of vegetables.

EVENING

05:00 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

07:30 PM

Vegetable Dalia (1 cup)

POST DINNER

11:00 PM

Fennel seed water (1 glass)

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

Fennel seeds helps in better digestion

ADDITIONAL NOTES

Important Notes:

In a bowl, mix 1 cup of cooked sprouts, 1/2 cup of cooked quinoa, 1/4 cup of finely chopped vegetables (like bell peppers, onions, and spinach), and spices such as cumin, turmeric, and salt. Heat a non-stick pan and pour a ladleful of the mixture, spreading it into a thin circle. Cook until golden brown on both sides. Serve hot with chutney

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.