

DAY 1

TUESDAY

11-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate
Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Omelette (Egg whites) (3 egg white per omelette) , Multigrain Bread (2 slice)

MID MEAL

11:00 AM

Apple (5 slice) , Coconut water (1 glass)
Maintain a gap of 30 minutes for better absorption of nutrients
Preferable fruits: Apple, Papaya, Pomegranate, Guava, Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , Baigan Bharta (1 katori) , Zeera Raita (1 cup) , Beetroot Tomato Salad (1 cup)
For Roti- Use the configuration -50% Jowar atta + 50 % normal atta. Jowar helps to manage food cravings and induce weightloss
Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.
Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Makhana (1 cup) , Flax Seeds (1 tsp, ground) , Pumpkin seed (1 teaspoon)
Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

chickpea salad with Yogurt (1 bowl)
Use 2-3 spoon boiled chickpea, 2tbsp yogurt, chopped onion cucumber tomato and pinch of black pepper

POST DINNER

10:00 PM

Jeera Water (1 glass)
Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature
Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 2

WEDNESDAY

12-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Oats and Mixed Sprouts Cheela (2 cheela) , Mint Chutney (1 tablespoon)

MID MEAL

12:00 PM

Pomegranates (1 cup) , Mint Lemon Water (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple, Papaya, Pomegranate, Guava, Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Moong Dal (1 katori) , Mixed vegetable raita (1 katori) , Cucumber (4 slice)

Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health. Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , roasted kala chana (1 katori) , Flax Seeds (1 tsp, ground) , Pumpkin seed (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Onion Tomato Oats Cheela (2 cheela) , Tomato chutney (1 tablespoon)

Oats provide great amount of fiber hence improving metabolic rate

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature

Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 3

THURSDAY

13-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Oats Upma (1 bowl)

For upma, saute 2tbsp dry roasted rava/suji, chopped vegetables and boil with 1cup water for 6-8mins

MID MEAL

11:00 AM

Apple (5 slice) , Buttermilk (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple, Papaya, Pomegranate, Guava, Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Plain Cooked Rice (1 cup) , Chicken Curry (1 katori) , Curd (1 cup) , Tomato Cucumber Salad (1 katori)

Have destarched rice only

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

Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Makhana (1 cup) , Flax Seeds (1 tsp, ground) , Pumpkin seed (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:00 PM

Daliya with Dal and Vegetable (1 bowl) , Cucumber Salad (1 cup)

Add chopped vegetables for good amount of fiber

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature

Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 4

FRIDAY

14-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Apple Cinnamon Overnight Oats (1 bowl)

Soak 2 tbsp oats in curd overnight, add pinch of cinnamon powder, chopped apple or any other fruit and serve

MID MEAL

11:00 AM

Pomegranates (1 cup) , Coconut water (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple, Papaya, Pomegranate, Guava, Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Bajra roti (2 roti/chapati) , plain toor dal (1 katori) , Curd (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. Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , roasted kala chana (1 katori) , Flax Seeds (1 tsp, ground) , Pumpkin seed (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Boiled Sprouts with Cucumber and Tomato (1 cup)

Use 2tbsp boiled sprouts, chopped vegetables and lime

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature
Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 5

SATURDAY

15-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Poha (1 bowl)

Add chopped vegetables and 2 spoon sprouts to increase fiber and protein

MID MEAL

11:00 AM

Apple (5 slice) , Buttermilk (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple,Papaya, Pomegranate, Guava,Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Oats Idli (2 idli(regular)) , Sambar (1 cup) , Beetroot Salad (1 cup)

Fermented foods are rich in probiotic content hence improve gut health

Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Makhana (1 cup) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Cucumber Tomato Sandwich (1 sandwich)

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature

Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 6

SUNDAY

16-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. Cinnamon helps to reduce internal inflammation and boost the metabolic rate

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Sprouts Paneer Salad (1 bowl)

MID MEAL

11:00 AM

Coconut water (1 glass) , Pomegranates (1 cup)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple, Papaya, Pomegranate, Guava, Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Daliya with Dal and Vegetable (1 bowl) , Mixed vegetable raita (1 cup) , Cucumber (4 slice)

Daliya provide great amount of fiber hence improving metabolic rate. Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health. Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon) , roasted kala chana (1 katori)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

07:00 PM

Kiwi Smoothie (1 glass) , Multigrain Bread (1 slice)

Blend 1-2 kiwi in 1 glass coconut water and top with 1tsp soaked chia seeds

USE APPLE INCASE KIWI NOT AVAILABLE

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature

Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

DAY 7

MONDAY

17-06-2024

EARLY MORNING

08:00 AM

Cinnamon Water (1 glass) , Soaked Almond (4 almond) , Soaked Walnut (2 piece (half of one))
Soak 1-2 cinnamon sticks, overnight, boil, sieve and have. **Cinnamon helps to reduce internal inflammation and boost the metabolic rate**

Make sure to have soaked nuts in morning, rich in omega 3 fatty acids.

BREAKFAST

10:00 AM

Vermicelli with Mixed Vegetable (1 cup)

Saute 2 tbsp dry roasted vermicelli with chopped vegetables and boil with 1cup water for 6-8mins

MID MEAL

11:30 AM

Apple (5 slice) , Mint Lemon Water (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple,Papaya, Pomegranate, Guava,Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Wheat And Jowar Roti (2 roti) , Black chana curry (1 katori) , Tomato Cucumber Salad (1 cup) , Curd (1 cup)

For Roti- Use the configuration -50% Jowar atta + 50 % normal atta. Jowar helps to manage food cravings and induce weightloss

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

Salads should be incorporated in diet for fiber intake, squeeze lemon drops on top for a boost of vitamin C.

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Makhana (1 cup) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Pav Bhaji Without Butter (1 plate(2 pav + bhaji)) , Mint Chutney (1 tablespoon) , Onion Salad (1 katori)

POST DINNER

10:00 PM

Jeera Water (1 glass)

Boil 1tsp jeera/cumin seeds in 1glass water, sieve and consume on normal temperature

Jeera helps in aiding digestive enzymes, increases metabolism and is an antioxidant

ADDITIONAL NOTES

Important Notes:

Eat short and frequent meals for better digestion and improved metabolic rate

Ensure 15-20mins walk post major meals for better digestion

Do take morning drink and zeera water everyday for better digestion and metabolism

Incorporate atleast 45mins of walk or exercise everyday

Include more whole fruits and salads in diet for the fiber content

Keep your body hydrated with 2-3L water everyday

Include green tea in evening hours to boost your metabolism

Have dinner till 7pm on 3 and 6 day

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

SEED CYCLE

1-14 days from menses 1tsp pumpkin seeds+1tsp flax seeds)

15-28 days from menses 1tsp sunflower seeds+1tsp white sesame seeds)

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.