

# Diet Plan- Rekha mam

Mrng Drink - CORIANDER ,MEETHI , GINGER

11 am 1 bowl pomegrante

NIGHT DRINK- pipli,black pepper, ginger WATER



Day	Breakfast (8:00 – 9:30 AM)	Lunch (12:00 – 2:00 PM)	Snack (4:00 – 6:00 PM)	Dinner (6:00 – 8:30 PM)
Day 1	Vegetable Upma + 5 soaked almonds	Mung Dal + White Rice + Steam Salad	Yerba Mate + Makhana	Vegetable Soup (Lauki, Carrot, Spinach)
Day 2	Vegetable Oats + 5 soaked almonds	1 Roti + Chana Dal + Tori Sabzi	Yerba Mate + Makhana	1 bowl Moong Soup
Day 3	Moong daal cheela with paneer burji, 5 soaked almonds	1 Roti + Carrot-Beet Sabzi	Yerba Mate + Makhana	Tomato Soup
Day 4	Boiled Moong Chaat (no onion)	Vegetable Rajma Salad	Yerba Mate+ Makhana	Soup (Spinach / Tomato)
Day 5	Green SOUP ( PALAK Coriander, Mint, Lemon)	Aloo Methi Sabzi + 1 Roti	Yerba Mate+ Makhana	Sprouts Salad
Day 6	Beetroot,carrot , amla, ginger juice	2 Paneer Roti + Curd	Yerba Mate+ Makhana	Arhar Dal SOUP WITH VEGGIES
Day 7	Papaya bowl + 5 soaked almonds	Chole Rice + Steam Salad + Curd	Yerba Mate + Makhana	Beetroot Tomato Soup