

10-DAY DIET PLAN - swate

MRNG DRINK- Green tea lemon jeera

NIGHT DRINK - After DINNER 6 SOAKED MUNKKA WATER

Bed time - SAUF Harad

◆ DAY 1

Breakfast: Vegetable oats

Mid-morning: Papaya

Lunch: 1 multigrain rotis + chana dal lauki sabzi

Evening: Roasted chana ,green tea

Dinner: Vegetable soup

◆ DAY 2

Breakfast: Poha with vegetables (less oil)

Mid-morning: Pear

Lunch: rice + sambar + salad

Evening: Makhana , green tea

Dinner: 1 rotis + tori sabzi

◆ DAY 3

Breakfast: 1 multigrain toast + curd

Mid-morning: papaya

Lunch: 1 rotis + chole + carrot-beet steam salad

Evening: Fruit chaat, green tea

Dinner: rasam rice

◆ DAY 4

Breakfast: Vegetable upma (little oil)

Mid-morning: papaya

Lunch: rice + moong dal + steam salad

Evening: Roasted peanuts ,green tea

Dinner: Soup mix veg

◆ DAY 5

Breakfast: paneer dosa with coconut chutney

Mid-morning: Papaya

Lunch: rotis + meethi matar

Evening: Makhana, green tea

Dinner: moong daal khichdi

◆ DAY 6

Breakfast: Vegetable oats

Mid-morning: papaya

Lunch: rice + rajma + steam salad

Evening: Roasted chana green tea

Dinner: Vegetable soup

◆ DAY 7

Breakfast: Poha

Mid-morning: papaya

Lunch: rotis + chole spinach sabzi + steam salad

Evening: green tea

Dinner: Stir-fried veggies

◆ DAY 8

Breakfast: Upma

Mid-morning: Papaya

Lunch rice + moong dal palak , steam salad

Evening: Fruit bowl green tea

Dinner: lauki soup

◆ DAY 9

Breakfast: Besan chilla

Mid-morning: Papaya

Lunch: rotis + carrot matar sabzi + curd

Evening: Makhana green tea

Dinner: tomato Soup

◆ DAY 10

Breakfast: Vegetable oats

Mid-morning: papaya

Lunch: paneer matar rice + beetroot raita

Evening: Roasted chana, green tea

Dinner: moong dal + daliya