

## DIET CHART

### Day 1

6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Oats Porridge in Skimmed Milk (1 bowl), Mixed Nuts (25 grams)
12:00PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Dal (1 katori)Gajar Matar Sabzi (1 katori),Roti (1 roti/chapati)
4:00 PM	Cut Fruits (1 cup) Buttermilk (1 glass)
5:30 PM	Tea with Less Sugar and Milk (1 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Dal (1 katori) Lauki Sabzi (1 katori), Roti (1 roti/chapati)

### Day 2

6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Curd (1.5 katori) Mixed Vegetable Stuffed Roti (2 pieces)
12:00PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)
4:00 PM	Apple (0.5 small (2-3/4" dia)) Buttermilk (1 glass)
5:30 PM	Coffee with Milk and Less Sugar (0.5 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati), Green Chutney (2 tablespoon)

### Day 3

6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Skim Milk Yoghurt (1 cup (8 fl oz)) Multigrain Toast (2 toast)
12:00PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati), Green Chutney (2 tablespoon)
4:00 PM	Banana (0.5 small (6" to 6-7/8" long)) Buttermilk (1 glass)

**5:30 PM**      **Tea with Less Sugar and Milk (1 teacup)**  
**8:50 PM**      **Mixed Vegetable Salad (1 katori)**  
**9:00 PM**      **Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)**

**Day 4**

**6:30 AM**      **Cucumber Detox Water (1 glass)**  
**8:00 AM**      **Fruit and Nuts Yogurt Smoothie (0.75 glass), Egg Omelette (1 serve (one egg))**  
**12:00PM**      **Skimmed Milk Paneer (100 grams)**  
**2:00 PM**      **Mixed Vegetable Salad (1 katori)**  
**2:10 PM**      **Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori), Roti (1**  
**roti/chapati)**  
**4:00 PM**      **Orange (1 fruit (2-5/8" dia)) Buttermilk (1 glass)**  
**5:30 PM**      **Coffee with Milk and Less Sugar (0.5 teacup)**  
**8:50 PM**      **Mixed Vegetable Salad (1 katori)**  
**9:00 PM**      **Palak Chole (1 bowl) Steamed Rice (0.5 katori)**

**Day 5**

**6:30 AM**      **Cucumber Detox Water (1 glass)**  
**8:00 AM**      **Skimmed Milk (1 glass) Peas Poha (1.5 katori)**  
**12:00PM**      **Skimmed Milk Paneer (100 grams)**  
**2:00 PM**      **Mixed Vegetable Salad (1 katori)**  
**2:10 PM**      **Low Fat Paneer Curry (1.5 katori) Missi Roti (1 roti)**  
**4:00 PM**      **Papaya (1 cup 1" pieces) Buttermilk (1 glass)**  
**5:30 PM**      **Tea with Less Sugar and Milk (1 teacup)**  
**8:50 PM**      **Mixed Vegetable Salad (1 katori)**  
**9:00 PM**      **Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori), Roti (1**  
**roti/chapati)**

**Day 6**

**6:30 AM**      **Cucumber Detox Water (1 glass)**  
**8:00 AM**      **Mixed Sambar (1 bowl) Idli (2 idli)**  
**12:00PM**      **Skimmed Milk Paneer (100 grams)**  
**2:00 PM**      **Mixed Vegetable Salad (1 katori)**

<b>2:10 PM</b>	<b>Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori), Roti (1 roti/chapati)</b>
<b>4:00 PM</b>	<b>Cut Fruits (1 cup) Buttermilk (1 glass)</b>
<b>5:30 PM</b>	<b>Coffee with Milk and Less Sugar (0.5 teacup)</b>
<b>8:50 PM</b>	<b>Mixed Vegetable Salad (1 katori)</b>
<b>9:00 PM</b>	<b>Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori), Roti (1 roti/chapati)</b>

#### **Day 7**

<b>6:30 AM</b>	<b>Cucumber Detox Water (1 glass)</b>
<b>8:00 AM</b>	<b>Besan Chilla (2 cheela) Green Garlic Chutney (3 tablespoon)</b>
<b>12:00PM</b>	<b>Skimmed Milk Paneer (100 grams)</b>
<b>2:00 PM</b>	<b>Mixed Vegetable Salad (1 katori)</b>
<b>2:10 PM</b>	<b>Palak Chole (1 bowl) Steamed Rice (0.5 katori)</b>
<b>4:00 PM</b>	<b>Apple (0.5 small (2-3/4" dia)) Buttermilk (1 glass)</b>
<b>5:30 PM</b>	<b>Tea with Less Sugar and Milk (1 teacup)</b>
<b>8:50 PM</b>	<b>Mixed Vegetable Salad (1 katori)</b>
<b>9:00 PM</b>	<b>Low Fat Paneer Curry (1 katori) Missi Roti (1 roti)</b>