**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)**

**2:10 PM Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori), Roti (1 roti/chapati)**

**4:00 PM Cut Fruits (1 cup) 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 Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori),Roti (1 roti/chapati)**

**Day 7**

**6:30 AM Cucumber Detox Water (1 glass)**

**8:00 AM Besan Chilla (2 cheela) Green Garlic Chutney (3 tablespoon)**

**12:00PM Skimmed Milk Paneer (100 grams)**

**2:00 PM Mixed Vegetable Salad (1 katori)**

**2:10 PM Palak Chole (1 bowl) Steamed Rice (0.5 katori)**

**4:00 PM Apple (0.5 small (2-3/4″ dia)) 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 Low Fat Paneer Curry (1 katori) Missi Roti (1 roti)**