

Day 1 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 155 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 2 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 160 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 3 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 165 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 4 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 170 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 5 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 175 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 6 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 180 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 7 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 185 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 8 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 190 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 9 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 195 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado

Day 10 Meal Plan

On Waking Up

- ✓ Green tea + lemon (w/ or w/o stevia)

Breakfast – 9:00 a.m.

- ✓ 5 almonds, 2 walnuts, 2 brazil nuts
- ✓ 18 g pumpkin seeds (2 tbsp)
- ✓ Zesty & crunchy broccoli seed salad

Lunch – 1:00 p.m.

- ✓ Murungai keerai 200 g, Beans 200 g
- ✓ Rice/millet 75 g, 2 boiled eggs
- ✓ Paneer 100 g + 1 tbsp sauerkraut

Dinner – 7:00 p.m.

- ✓ Berry bright salad + 1 boiled egg + 1 avocado