

# GUT CLEANSE & DETOX

DAY 1 - DAY 3

FITNESS GOAL - 7000 STEPS

## EARLY MORNING

Ajwain/Jeera Water +  
7 Almonds +  
2 Walnuts + 1 Date

## BREAKFAST

1 Katori Poha with Veggies/  
2 eggs with Veggies/ 2 Idlis with  
coconut chutney + Almond Milk/  
Coconut Water

## MID-MORNING

Vegetable Juice

## LUNCH

100g Cooked Rice +  
2 Bowls of Vegetable/  
Vegetable pulao  
+  
Mint chutney

## SNACK

Ginger-Haldi-Black  
Pepper Clear Tea +  
1 bowl Makhana/  
Puffed Rice

{Pre-Dinner}  
1 cup Clear Soup  
(Veg./Chicken)

## DINNER

Sautéed Veggies in  
Coconut Curry  
or  
1 Small bowl  
Sabudana Khichri/1  
Rice flour Cheela  
with Veggies  
or  
150g Grilled/Steamed  
Tofu/Chicken/Fish

## POST - DINNER

1 cup Papaya/1  
Banana (if hungry)  
+  
Herbal Tea

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## NOTES -

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- No Dairy, Gluten, Dal & Raw Salads.
- You can have Plant-based Milk, Coconut water, Soup, Nuts, Fruits, Vegetables, Eggs, Chicken, Tofu, Fish.
- Cook all foods in Organic Desi Ghee/ Olive Oil.



# HIGH PROTEIN

DAY 4 - DAY 6

FITNESS GOAL - 7000 STEPS

## EARLY MORNING

Lemon Water + 7 Almonds  
+ 2 Walnuts

## BREAKFAST

Sprouts/  
1 Green Moong Dal Cheela/  
3 Egg-Whites + Milk/Almond  
Milk /Smoothie or Shake

## MID-MORNING

Fresh Lime Soda  
(salted) or Perrier  
Sparkling Water + 1  
Apple

## LUNCH

2 Moong Dal Cheelas  
+ Mint Chutney / 2  
Katori Yellow Moong  
Dal/ 1 katori Quinoa  
with scrambled  
paneer  
or  
150g Grilled  
Paneer/Chicken/Fish/  
Tofu

## SNACK

1.5-2 Tbsp Oat Bran  
+ Almond Milk/ Milk  
+ Fruit + Nuts &  
Seeds

## DINNER (Free On Saturday)

150g Grilled  
Paneer/  
Chicken/Fish/  
Tofu or 3  
boiled Egg-  
whites + Milk

## POST - DINNER

Green Tea  
+  
1 Tbsp Psyllium  
Husk with Water  
(if constipated)

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## NOTES -

- No Roti/Rice/Bread/Biscuit
- No Veggies except- onion, garlic, all herbs
- Can have Organic A2 Cow's milk, Almond milk.
- If hungry in-between meals, can have boiled egg-whites, 1 cup low-fat yogurt, coffee, tea (no sugar), sprouts
- **MUST DRINK AT LEAST 2 LITRES WATER.**

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# INTERMITTENT FASTING

DAY 7 - DAY 9

FITNESS GOAL - 8000 STEPS + 3 SETS OF PLANK

## BREAK YOUR FAST @9AM

Ajwain water/  
Lemon water/  
Coconut water  
+ 7 Almonds +  
2 Walnuts +  
1 Date

## BREAKFAST @9:30AM

1 Avocado or Veg. Toast / 1  
Katori Poha with Veggies/  
1 Paneer Toast/2 Eggs  
+ Milk/ Tea/ Coffee/ Chaach

## MID- MORNING

1 Portion Fruit

## LUNCH

1 Millet Roti/ 1  
Katori Rice/  
1 Oats Cheela + 1  
Katori Veg. + 1  
Katori Dal/  
Curd/Raita + Salad

## SNACK

Tea/ Coffee/  
Coconut water +  
1 Katori Sprouts  
Salad/Roasted  
Chana Chaat/ Dry  
Bhel/ Puffed Rice

## DINNER 7PM

1 or 2 cups Soup  
(Veg./Chicken) +  
Grilled Veggies/  
Quinoa Salad/  
1 Veg. Toast + Milk/  
150g Dhokla

## POST - DINNER

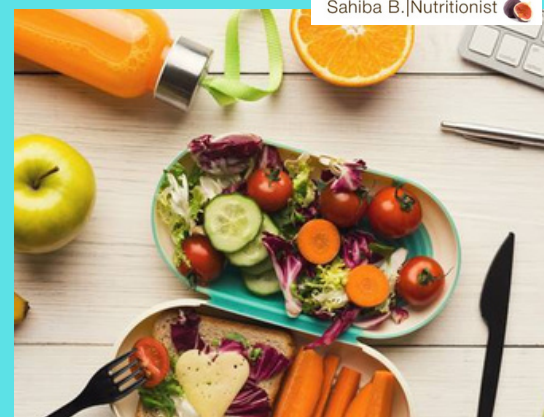
Green Tea

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## NOTES -

- Finish your Dinner by 7pm
- If hungry before 9am, please break your fast.
- Eat a variety of Seasonal vegetables
- Limit Caffeine intake to only 2 cups a day
- Post 7pm, you can have Green Tea/Sparkling Water/ Warm water
- Try and sleep by 10-11pm on these days.

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# HIGH PROTEIN + VEGGIES

## DAY 10 - DAY 12

FITNESS GOAL - 8000 STEPS + 3 SETS OF PLANK

### EARLY MORNING

Lemon water +  
nuts

### BREAKFAST

1 Green moong dal  
cheela/ 1 besan  
cheela/ 1k boiled kala  
chana/ 3 egg-whites  
with veggies +  
Milk/Curd  
or  
Protein Smoothie

### MID-MORNING

Fresh Lime Soda  
(salted) or Perrier  
Sparkling water + 1  
apple / 1 cup papaya

### LUNCH

1 moong dal cheela +  
mint chutney +  
1katori veg. + curd or  
2 katoris moong dal  
or  
150g grilled  
chicken/fish/paneer +  
veggies  
or  
2k onion-tomato raita

### SNACK

1.5-2 Tbsp Oat  
Bran/Oats + Almond  
milk/ Milk + fruit +  
nuts & seeds  
or  
Tea/Coffee+ 15  
peanuts followed by  
oat bran as dinner

### DINNER (FREE)

150g  
grilled/steamed/  
tandoori  
chicken/fish/paneer/  
tofu + grilled veggies  
or  
Sprouts  
or  
Soup + Salad

### POST - DINNER

Green Tea  
  
1 Tbsp Psyllium husk  
with water (if  
constipated)

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### NOTES -

- No Roti/Rice/Bread/Biscuit
- All vegetables allowed this week.
- Can have Organic A2 Cow's milk, Almond milk.
- MUST DRINK AT LEAST 2 LITRES WATER.

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# ONE MEAL

DAY 13 - DAY 15

FITNESS GOAL - 8000 STEPS + 3 SETS OF PLANK

## EARLY MORNING

Ajwain/ Jeera/  
Ginger-Haldi water

## BREAKFAST

1 Cup Milk/ Almond  
Milk/ Curd + 1 portion  
Fruit

## MID-MORNING

1 Cup Papaya/  
Coconut Water

## LUNCH

2 Veg. Stuffed Roti's / 2 Roti's + 1  
Katori Veg. + 1 Katori Dal/ Paneer/  
Chicken + Salad  
or  
1 Katori Rice + 1 Katori Kala  
Chana/ Kadhi/ Dal / Rajma+ 1  
Katori veg. +Salad  
  
1 Day- Eat whatever you like-  
Kulcha/ Burger/ Pizza/ Maggi etc.

## SNACK

Tea/ Coffee/ Curd  
+  
1 Apple  
  
1 Cup Soup (if  
hungry)

## DINNER

1 Cup Milk/ Almond  
Milk/ Curd + 1  
portion Fruit

## POST - DINNER

Green Tea

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## NOTES -

- Lunch is your only and main meal.
- If hungry at any time of the day, you can have Tea/coffee/almond milk/ 1 cup yogurt/coconut water/lemon water/fruit.
- Apart from Lunch, we don't eat salt at any other meal.

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# HIGH PROTEIN

**DAY 16 - DAY 18**

**FITNESS GOAL - 9000 STEPS + 3 SETS OF PLANK + 10 SURYAMASKAR**

## EARLY MORNING

Lemon Water + 7 Almonds  
+ 2 Walnuts

## BREAKFAST

Sprouts/  
1 Green Moong Dal Cheela/  
3 Egg-Whites + Milk/Almond Milk  
/Smoothie or Shake

## MID - MORNING

Fresh Lime Soda  
(salted) or Perrier  
Sparkling Water +  
1 Apple

## LUNCH

2 Moong Dal Cheelas +  
Mint Chutney / 2 Katori  
Yellow Moong Dal/ 1  
katori Quinoa with  
scrambled paneer  
or  
150g Grilled  
Paneer/Chicken/Fish/Tofu

## SNACK

1.5-2 Tbsp Oat Bran  
+ Almond Milk/ Milk  
+ Fruit + Nuts &  
Seeds

## DINNER (Free On Saturday)

150g Grilled  
Paneer/  
Chicken/Fish/  
Tofu or 3  
boiled Egg-  
whites + Milk

## POST - DINNER

Green Tea  
+  
1 Tbsp Psyllium  
Husk with Water  
(if constipated)

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## NOTES -

- No Roti/Rice/Bread/Biscuit.
- No Veggies except- onion, garlic, all herbs.
- Can have Organic A2 Cow's milk, Almond milk.
- If hungry in-between meals, can have boiled egg-whites, 1 cup low-fat yogurt, coffee, tea (no sugar), sprouts
- **MUST DRINK AT LEAST 2 LITRES WATER.**

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# VARIATION

## DAY 19 - LIQUID DIET

### FITNESS GOAL - 5000 STEPS

#### EARLY MORNING

Ajwain/jeera/  
turmeric ginger  
water + Tea

#### BREAKFAST

Almond milk/ Milk /  
Smoothie

#### MID-MORNING

Vegetable Juice/ Coconut chia  
seed water / Mint Lemonade + 1  
carrot/ Mint chaach

#### LUNCH

2k yellow moong dal  
with jeera tadka

#### SNACK

1 cup veg./chicken  
clear soup

#### DINNER

Almond milk/Milk  
(can do haldi -kesar  
milk)

#### POST - DINNER

Green Tea/ Herbal  
Tea

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#### NOTES -

- Drink at least 2 litres water
- You can have 2 cups of Tea/coffee, green tea in a day.
- 2 coconut waters allowed
- Use Apple or strawberries in the smoothie or you can do a peanut butter smoothie
- Vegetable juice Recipe will be shared.

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# VARIATION

## DAY 20 - MONO DIET

### FITNESS GOAL - 5000 STEPS

#### EARLY MORNING

Ajwain/Jeera/  
Cinnamon water

#### BREAKFAST

1 veg toast + Tea/  
Milk /chaach  
or  
1 toast + 1 egg + Tea/  
Milk  
or  
1 oats cheela with  
veggies + Tea/  
Coffee/chaach

#### MID-MORNING

Lemon water/  
coconut water

#### LUNCH

1 veg toast + Tea/ Milk  
/chaach  
or  
1 toast + 1 egg + Tea/  
Milk  
or  
1 oats cheela with  
veggies + Tea/  
Coffee/chaach

#### SNACK

Tea/ Coffee / Green  
Tea

#### DINNER

1 veg toast + Tea/  
Milk /chaach  
or  
1 toast + 1 egg + Tea/  
Milk  
or  
1 oats cheela with  
veggies + Tea/  
Coffee/chaach

#### POST - DINNER

Green Tea

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#### NOTES -

- Choose one meal and Repeat it for all meals.
- No fruits in this diet
- No intense workout

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# VARIATION

## DAY 21 - FRUIT DIET

### FITNESS GOAL - 5000 STEPS

#### EARLY MORNING

Lemon Water/ Ajwain/  
Jeera Water

#### BREAKFAST

Banana + 1 cup curd/  
Smoothie  
or  
1 cup papaya + 1 cup  
curd

#### MID-MORNING

1 orange + Herbal  
Tea/ Green Tea

#### LUNCH

Fruit chaat  
or  
1 cup papaya +  
pudina raita

#### SNACK

1 apple + 1 tbsp nut  
butter (optional)  
or  
1k anar

#### DINNER

1 cup papaya + curd/  
Raita with South  
Indian tadka  
or  
Strawberry smoothie  
or  
1 banana + 1 apple

#### POST - DINNER

Green Tea

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#### NOTES -

- Drink at least 2 litres water
- No intense workout
- If diabetic- follow one meal diet on this day.
- No grains, no vegetables, no dals, no meat.

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