**General Info**

* Drink 12 to 14 glasses of water.
* Use only one tablespoon of coconut oil/olive oil/ghee/mustard oil in whole day for cooking.
* No extra fruit (unless mentioned in menu)
* You can follow any Menu any Day, but don’t mix Menus.
* 90 ml tea without sugar.

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| List of Low Carb vegetables - Vegetables which grow above the ground | | | |
| All leafy greens | Broccoli | Asparagus | Olive |
| Bell peppers | Cauliflower | Bok choy | Okra |
| Egg plant | Cabbage | Avocado | Chilies |
| Cucumber | Zucchini | Brussels sprouts | Okra |
| Tomato | Mushrooms | Green beans | Bottle gourd |

**Menu 1**

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| Breakfast |
| * Overnight Oats gluten free-40 g * Milk-150ml * 1tsp-chia seeds * 1tsp pumpkin seeds * 1 tsp-flax seeds * 10 raisins * 5 almonds * pinch of Cinnamon powder * *Make overnight Oats* |
| Lunch |
| * Cooked rice-200 g or 3 multigrain roti * Any lentil of your choice cooked- 180g * Cooked – vegetable low carb |
| Mid meal |
| * 2 Egg-white + 2whole egg salad |
| Dinner- |
| * 1 Mung dal chilla-80g 150g Tofu with Lots of Low Carb veggies of your choice. |
| Pre-Workout- 30 to 45 mins before workout |
| * Apple+ one teaspoon of peanut butter-15g |
| Post-Workout - 10 mins post workout |
| * Whey protein In 300 ml |
| Bedtime |
| Chamomile tea |

**Menu 2**

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| Breakfast |
| * Allo + Gobhi + Soya(20g) Parantha (use less buttur/ghee)+ 1 tablespoon curd |
| Lunch |
| * 3 soybean wheat Roti – 35g each * Palak Paneer (90g) Sabzi |
| Mid meal |
| * 1 Whole Egg + 3 Egg white salad * Add one tsp of : sunflower, chia & Flax seeds |
| Dinner |
| * Thin Lentil Soup – 350g * Boiled quinoa-80g * Prepare Salad from Low Carb veggies. |
| Pre-Workout |
| * Banana-50 g+ peanut butter-1 teaspoon |
| Post-Workout |
| * Whey Protein with 300ml Water |
| Bedtime |
| * Milk- 180 ml |

**Menu 3**

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| Breakfast |
| * 2 Slice Multi Grain Bread * 1 Whole Egg + 2 Egg whites * Coconut Water |
| Lunch |
| * Rice 180g – cooked * Rajma Curry – 150g (Any Legume of your choice) * Kadhi without pakoras-150g |
| Mid meal |
| * 30g Makhana + 150g Curd – Make Lassi |
| Dinner |
| * boiled sweet potato -80 g 45g Soya Granules with 2 Egg Whites add veggeis make cutlet |
| Pre-Workout |
| * Banana + 1 tsp Chia seeds + 1 Tsp Flax Seeds + 1 Tsp Pumpkin Seeds + 5 Almonds+ peanut nutter |
| Post-Workout |
| * One scoop Whey Protein with 300ml water |
| Bedtime |
| * Milk – 200 ml no sugar with pinch of cinnamon powder |

**Menu -4**

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| Breakfast |
| * Mung Dal Upma – 150g * 1 Table Spoon - Tomato Chutney (optional) |
| Lunch |
| * Vegetable Pulao – 220g Cooked * Add Soya Granules – 20g * Cucumber Raita-150g |
| Mid meal |
| * Ragi-30g * Milk – 150ml * 1 Tsp : Pumpkin seeds, Chia seeds, 10 Raisins + pinch of cinnamon powder |
| Dinner |
| * 2 Whole Egg + 2 Egg White Salad * Boiled sweet potato – 100g |
| Pre-Workout |
| * Apple + 1 table spoon Peanut Butter |
| Post-Workout |
| * 1 scoop of whey in water |
| Bedtime |
| Chamomile tea |

**Menu – 5**

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| Breakfast |
| * Avocado-half * Milk – 200 ml * Chia Seed – 1 Tea Spoon * Flax seed 1 Tea spoon * One Pinch on Cinnamon powder * 5 Almonds * Drop of honey – Optional |
| Lunch |
| * 2 Rice Urad Dosa * Sāmbhar – 200g * 1 Coconut Chutney |
| Mid meal |
| * 2Whole Egg+ 2 egg white Salad+ sattu-25g |
| Dinner- |
| * Tofu-150g + one egg white – you can make cauliflower fried rice |
| Pre-Workout- |
| * Banana+curd-100g |
| Post-Workout - within 10 mins post workout |
| * Whey protein in water |
| Bedtime |
| * Chamomile tea |