



15-Day Meal Plan



Success is the sum of small efforts, repeated day in and day out.

Day	Fermented Drink / Chia seed drink	Morning Fiber Intake	Fruit snacks	Afternoon Meal with Vegetables/ lentils/ legumes	Early Dinner	Soak Nuts overnight	No Cereals & Hot dog	No Ice Creams	No Processed Foods	Less Sugar	Brown Rice
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3											
4											
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6											
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11											
12											
13											
14											
15											



Morning Meal Options:

1. Oatmeal with Fruits
2. Egg and Avocado Toast
3. Chia Pudding with Fruits
4. Nuts Drink with Fruits
5. Boiled eggs
6. Palaya Soru with Curd & Onion



Fruit Options:

- Banana
- Apple
- Orange
- Berries (strawberries, blueberries, raspberries)
- Peaches
- Avocado



Afternoon Meal Options:

1. Lentils
2. Beans
3. Sweet Potato
4. Carrot
5. Broccoli
6. Brussel Sprouts
7. Artichoke
8. High-Fiber Pasta with Bell Peppers



Snack Options:

1. Popcorn
2. Harvest Peas Chips
3. Sweet Corn
4. Cucumber Slices

