**Early morning**: 10 ml wheatgrass juice + 5 to 6 almonds and walnuts

**Breakfast**:1 bowl vegetable dalia upma + chutney / 2 medium paneer, oats and ragi dosa with sambhar / 1 bowl fruit, flaxseed and oats porridge / 1 sprouts n veg poha + 1 glass vegetable juice of choice

**Mid-morning**: 1 glass apple cinnamon chia shake

**Pre-lunch**: 1 bowl minestrone soup with more veggies

**Lunch**: 1 multigrain roti + 1 bowl vegetable subji + 1 bowl boiled pulse chaat (rajma, chana, black chana, green moong etc) / 1 bowl brown rice + 1 bowl mixed vegetable subji + 1 bowl dal

**Snack:** 1 cup green tea + Trail mix with mixed seeds/1 fruit of your choice

**Dinner**: 1 bowl vegetable soup+1 bowl dal.

**Post-dinner (if you are up late**): a glass of warm milk