**Week 1**

**Early morning**: 1 fruit of your choice + 3-4 mixed seeds such as watermelon, flax, sesame, melon to name a few.

**Breakfast**: Open paneer sandwich with mint chutney / 2 idlis with sambhar / Akki roti with dill leaves and sambhar / 2 egg omelette with 2 whole grain bread slices / 2 multigrain mixed vegetable parathas + 1 glass of vegetable juice of your choice.

**Mid-morning**: 4 walnuts and 2 dates / Fruit of your choice/tender coconut water with malai

**Pre-lunch**: 1 plate of preferred salad with vinegar dressing. Recipe suggestion from blog

**Lunch**: 2 multigrain roti / 1 Katori red or brown rice + 1 bowl dal / pulses like rajma / Egg bhurji / non-veg subji + 1 bowl low-fat curd

**Mid-evening**: 1 glass of tea or coffee / 1 glass buttermilk

**Snack**: 1 fruit of your choice / 1 glass whey protein drink /1 bowl Sprouts bhel

**Dinner**: 1 bowl chicken gravy + 1 bowl rice / 2 multigrain rotis + salad + 1 bowl low-fat curd / 1 bowl vegetable dalia upma or 1 bowl millet vegetable upma + 1 bowl sambhar + 1 bowl of salad or soup

**Post-dinner (if you are up late)**: 4-5 pieces of nuts/ 1 glass warm low-fat milk

**Week 2**

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

**Breakfast**: 2 medium vegetable uthappam with sambhar / 1 bowl vegetable dalia upma + chutney / 2 medium paneer, oats and ragi dosa with sambhar / 1 bowl fruit, flaxseed and oats porridge / 1 bowl red rice or brown rice pulse-mixed pongal + 1 bowl sambhar / 1 sprouted red rice poha + 1 glass vegetable juice of choice

**Mid-morning**: 1 glass Whey protein shake with milk / assorted fruit platter / Trail mix/Tender coconut juice with the malai.

**Pre-lunch**: 1 bowl minestrone soup with more veggies and less of pasta.

**Lunch**: 2 multigrain roti + 1 bowl vegetable subji / non-veg subji + 1 bowl boiled pulse chaat (rajma, chana, black chana, green moong etc) / 1 bowl red or brown rice + 1 bowl mixed vegetable subji + 1 vegetable egg omlette.

**Snack**: 2 multigrain flour khakras  / 1 fruit of your choice + 1 cup green tea / Trail mix with mixed seeds.

**Dinner**: 1 bowl vegetable brown rice basmati chicken biryani/ vegetable pulao + 1 bowl vegetable raita + 1 bowl vegetable or chicken salad of choice / 1 bowl steamed red rice + 1 bowl mixed vegetable sambhar + 1 bowl non-veg / vegetable subji + 1 bowl salad of choice / 2 multigrain roti + 1 bowl mixed spiced dals / fish curry + 1 bowl curd.

**Post-dinner (if you are up late**): 1 glass of whey protein shake if missed during snack or simply a glass of warm milk.

**Week 3**

**Early morning**: 10 ml Spirulina or green leafy veggie juice + 1 fruit of your choice

**Breakfast**: 1 bowl vegetable sprout poha with chutney / 3-4 dal paddu with sambhar / 2 oats idli + sambhar / 2 methi parantha with low-fat curd / 2 mixed vegetable adai uttapams + 1 bowl mixed veg sambhar.

**Mid-morning**: 1 fruit of your choice/fistful of Assorted nuts / 2 tbsp of trail mix

**Pre-lunch**: 1 bowl sprout salad of choice / 1 bowl mixed veggies chunky soup.

**Lunch**: 2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick dal / 1 bowl red rice + 1 bowl mixed vegetable sambhar + 1 bowl subji + 1 bowl low-fat curd

**Snack**: Til or peanut chikki with 1 cup spirulina and mixed veggie juice.

**Dinner**: 1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran) + 1 bowl of non-veg subji / 1 bowl red rice or brown rice + 1 bowl dal + 1 bowl curd

**Post-dinner (if you are up late)**: 1 glass of whey protein shake

**Week 4**

**Early morning**: 10 ml Amla juice + 3-4 walnuts and almonds mix.

**Breakfast**: 2 medium dal paranthas (made from leftover dal if any) + 1 bowl low-fat curd / 2 Ragi veggies paddus with peanut chutney / 2 small and fluffy vegetable pancakes / 2 paranthas + 1 bowl vegetables raita / Paneer and vegetable rice bath (from leftover rice) + 1 bowl curd / 2 idlis with sambhar

**Mid-morning**: Amaranth seeds chikki / 3-4 dry fruits / 1 bowl cut fresh fruits of choice

**Pre-lunch**: 1 bowl sprout salad / 1 bowl grilled chicken or fish salad

**Lunch**: 1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai / 2 multigrain roti + 1 bowl non-veg subji or egg bhurji +1 glass of spiced buttermilk / 2 vegetable millet uttapams + 1 bowl sambhar.

**Snack**: 1 cup spiced boiled corn or 1 corn on the cob + 1 cup coffee, tea or green tea/ 1 Fruit of choice / 1 glass whey protein drink

**Dinner**: 1 bowl vegetable and mixed seeds salad + 2 multigrain roti + 1 non-veg subji or dal of your choice / 1 bowl red or brown rice + 1 bowl mix veg sambhar + 1 egg bhurji.

**Post-dinner (if you are up late)**: 1 glass warm milk.

\*Disclaimer: This is a general diet plan and should not be confused for a specific weight loss recommendation for people with complex health conditions. We suggest you visit a nutritionist for an in-depth health analysis and a weight loss plan. Everyone differs