

Day 1		
Time	Menu	Quantity
Empty Stomach	Jeera Water (Jeera soaked overnight in water)	1 glass
Breakfast	Cucumber Oats Appam	6 no. (small)
	Green Chutney	2 – 3 tablespoon
	Green Tea	1 cup
Midmorning	Fruit	1 no. medium
Lunch	Boiled egg Salad	1 egg
	Multigrain Chapati	2 no.
	Vegetable	1 cup
	Boiled chicken pieces	40 gms
	Buttermilk	1 cup/ 1 glass
Snacks	Roasted Makhana	1 cup
Dinner	Chicken Soup	1 cup
	Quinoa and vegetable salad	¾ cup
	Sambar	1 cup
	Vegetable	1 cup
Bedtime	Milk (no sugar)	1 cup

Day 2		
Time	Menu	Quantity
Empty Stomach	Green tea	1 Cup
Breakfast	Mix Vegetable Paratha	1 Medium Size
	Masala Milk	1 cup
Midmorning	Roasted Nuts	2 Almonds, 2 walnut halves, 1 Date
Lunch	chicken Veggie Salad	1 cup
	Bajra Roti	1 no. (medium size)
	Leafy Vegetable	1 cup
	Moong dal	½ cup
	Buttermilk	1 cup/ 1 glass
Snacks	1 Fruit	1 medium
Dinner	Green Salad	1 cup
	Boiled Broken Wheat	1 Cup
	Fish Curry	1 cup
Bedtime	warm water with lemon and chia seed	1 glass

Day 3		
Time	Menu	Quantity
Empty Stomach	Soaked Methi with warm water	1 teaspoon soaked at night in 1 cup water
Breakfast	Vegetable Upma	1 cup
	Lemongrass Tea	1 cup
Midmorning	Boiled egg whites	2 no.
Lunch	Veggie Salad	1 cup
	Chapati	2 no.
	Dudhi Vegetable	1 cup
	Curd/ Buttermilk	1 cup/ 1 glass
Snacks	Pan-roasted chicken cutlet	2 small
	Green chutney	2 – 3 tablespoon
Dinner	Mix Vegetable Soup	1 cup
	2 eggs omelet	2 eggs
	beans and carrot sauteed	1 cup
Bedtime	Milk	1 cup
Day 4		
Time	Menu	Quantity
Empty Stomach	Soaked Chia seeds with water	1 teaspoon chia seeds + 1 glass water
Breakfast	Omelet	2 eggs
	Black Coffee	1 cup
Midmorning	Nuts (Almonds + Walnuts + Pumpkin Seeds)	15 grams
Lunch	Mix Vegetable Salad	1 cup
	Chicken Fried Rice	(100 gms chicken, 30 gms rice)
	Dudhi Vegetable	1 cup
	Buttermilk	1 glass
Snack	Fruit	1 no. medium
Dinner	Tomato soup	1 cup
	Chapati	2 small
	moong dal	1 cup
	Grilled Brinjal	5 – 6 pieces
Bedtime	milk	1 Glass

Day 5

Time	Menu	Quantity
Empty Stomach	Warm water with lemon juice	1 glass
Breakfast	Poha	1 cup
	Green Tea	1 cup
Midmorning	Fruit	1 no. medium
Lunch	Exotic Salad (Bell peppers + zucchini + broccoli + lettuce + chicken)	50 gms o chicken , unlimited veggies
	Chapati	2
	Green Vegetable	1 cup
	Cucumber raita	1 cup
Snacks	Oats Berry Smoothie	1 glass
Dinner	Green Salad	1 cup
	Chicken Palak Khichda	1 cup
	Curd	1 cup
Bedtime	Buttermilk	1 Glass

Day 6

Time	Menu	Quantity
Empty Stomach	Soaked overnight chia seeds water	½ teaspoon Chia seeds in 1 cup water
Breakfast	Mix dal Chilla	2 – 3 no. (small)/ 1 Big
	Onion Tomato chutney	2 tablespoons
	Green tea	1 cup
Midmorning	Fruit	1 no. medium
Lunch	Cucumber Tomato Onion Slices	1 cup
	Bajra Roti	2 no. small
	Egg curry	1 cup
	Vegetable	1 cup
Snacks	Roasted Kurmura	1 cup
	Cinnamon Tea	1 cup
Dinner	Curd jalepano dip	¼ cup
	Or chilly sauce	1 tablespoon
	Chicken Patty	1 no.
	Grilled Exotic Vegetables	1 cup
Bedtime	Buttermilk	1 glass

Day 7		
Time	Menu	Quantity
Empty Stomach	Dudhi Spinach Juice	1 glass
Breakfast	Quinoa Porridge	1 cup
	+ Soaked almonds	6 – 8 pieces
Midmorning	Devil Eggs (filled with mixed vegetable)	2 no.
	Cinnamon Tea	1 cup
Lunch	Exotic vegetable diced salad	1 cup
	Multigrain Chapati	2 no
	Chicken dhansak	1 cup
	Vegetable	1 cup
Snacks	Sweet Potato and spinach patty	2 small
	Green Chutney	2 tablespoons
Dinner	Dudhi Tomato Soup	1 cup
	Multigrain Chapati	2 no. medium
	Green Leafy Vegetable	1 cup
Bedtime	Masala Milk	1 cup