

DAY 1

- Breakfast: Oats + banana + milk
 - Lunch: 2 roti + moong dal + mixed vegetables + salad
 - Snack: Apple + roasted chana
 - Dinner: Paneer + vegetables + 1 roti
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DAY 2

- Breakfast: Sprouts salad + fruit
 - Lunch: Brown rice + rajma + salad
 - Snack: Curd + fruit
 - Dinner: Dal + sabzi + 2 roti
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DAY 3

- Breakfast: Poha + peanuts
 - Lunch: 2 roti + chana masala + salad
 - Snack: Banana + nuts
 - Dinner: Paneer bhurji + vegetables
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DAY 4

- Breakfast: Oats + apple
 - Lunch: Rice + moong dal + sabzi
 - Snack: Sprouts chaat
 - Dinner: Vegetable soup + roti
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DAY 5

- Breakfast: Idli + sambar
- Lunch: 2 roti + dal + spinach sabzi
- Snack: Fruits

- Dinner: Paneer + salad
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DAY 6

- Breakfast: Upma + fruit
 - Lunch: Brown rice + chole + salad
 - Snack: Curd + nuts
 - Dinner: Dal + vegetables + roti
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DAY 7

- Breakfast: Oats + banana
- Lunch: 2 roti + mixed vegetables + dal
- Snack: Fruit bowl
- Dinner: Light khichdi + salad