

SCHEDULE



DAY
First Day

DAY 1 Schedule

EARLY MORNING-

one glass luke warm lemon water or green tea.

BREAKFAST-

One cup milk or corn flakes & four almonds.

MIDDAY-

One apple.

LUNCH-

Green salad, one katori yellow dal two chapatis preferable mix grain atta.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

veg or non veg clear soup & one katori boiled green vegetable.

DAY
SECOND

DAY 2 Schedule

EARLY MORNING-

one glass luke warm lemon water or green tea.

BREAKFAST-

Two idlies with nariyal chatni.

MIDDAY-

Toned milk & four almonds.

LUNCH-

Big bowl of green salad add handful of sprouted dal & one banana.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

One katori any green vegetable & one small bowl salad & one chapati.

DAY
THIRD

DAY 3 Schedule

EARLY MORNING-

one glass luke warm lemon water or green tea.

BREAKFAST-

One stuffed parantha very less of oil stuffing (paneer or palak).

MIDDAY-

One apple.

LUNCH-

one small bowl boiled rice with yellow dal & green salad.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

One brown bread sandwich one & fruit salad one small bowl

DAY
FOURTH

DAY 4 Schedule

EARLY MORNING-

One glass luke warm lemon water or green tea.

BREAKFAST-

Toned milk one cup with one boiled egg or two or three walnuts.

MIDDAY-

One banana.

LUNCH-

Sprouts mixed with green salad one bowl

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

Green vegetable & one chapati & one apple.

DAY
FIFTH

DAY 5 Schedule

EARLY MORNING-

One glass luke warm lemon water or green tea.

BREAKFAST-

One small bowl corn flakes or dalia .

MIDDAY-

One apple or small bowl papaya.

LUNCH-

Green salad & one katori curd & any green vegetable & two missi chapati.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

One bowl clear veg or non veg soup & one small bowl boiled vegetable.

DAY
SIXTH

DAY 6 Schedule

EARLY MORNING-

One glass luke warm lemon water or green tea.

BREAKFAST-

Toned milk & four almonds.

MIDDAY-

One small bowl fruit salad.

LUNCH-

Green salad & one small bowl boiled rice & one katori black channa.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

Green vegetable & green salad & one missi roti.

DAY
SEVEN

DAY 7 Schedule

EARLY MORNING-

One glass luke warm lemon water or green tea.

BREAKFAST-

One cup toned milk & two walnuts

MIDDAY-

One APPLE.

LUNCH-

One bowl curd or one glass fresh juice.

EVENING-

Tea or coffee or toned milk & one digestive biscuit.

DINNER-

one bowl fruit salad.