



# Day 1

Meal 1	Lukewarm Water 1 Glass + 3 Nos Soaked Almonds
Meal 2	Tangy Poppy Seeds Fruit Salad
Meal 3	Apple - 1
Meal 4	Pina Colada Fruit Salad
Meal 5	Oranges
Meal 6	Melon Salad With Lime Dressing
Meal 7	Lukewarm Water - 1 Glass

# Day 2

<b>Meal 1</b>	<b>Lukewarm Water 1 Glass + 3 Nos Soaked Almonds</b>
<b>Meal 2</b>	<b>Baked Potatoes</b>
<b>Meal 3</b>	<b>Cut Carrot - 1 Cup</b>
<b>Meal 4</b>	<b>Sauteed Veggies - 1 Bowl</b>
<b>Meal 5</b>	<b>Simple Veg Salad</b>
<b>Meal 6</b>	<b>Baked Fresh Veggies</b>
<b>Meal 7</b>	<b>Lukewarm Water - 1 Glass</b>

# Day 3

<b>Meal 1</b>	<b>Lukewarm Water 1 Glass + 3 Nos Soaked Almonds</b>
<b>Meal 2</b>	<b>Mixed Berries Salad</b>
<b>Meal 3</b>	<b>Mango - 1</b>
<b>Meal 4</b>	<b>Green Leafy Salad With Walnut/ Sauteed Palak With Veggies</b>
<b>Meal 5</b>	<b>Watermelon Salad</b>
<b>Meal 6</b>	<b>Steamed Broccoli - 1 Cup</b>
<b>Meal 7</b>	<b>Lukewarm Water - 1 Glass</b>

# Day 4

<b>Meal 1</b>	<b>Lukewarm Water 1 Glass + 3 Nos Soaked Almonds</b>
<b>Meal 2</b>	<b>2 Banana</b>
<b>Meal 3</b>	<b>Milk - 1 Glass</b>
<b>Meal 4</b>	<b>Large Banana - 2</b>
<b>Meal 5</b>	<b>Milk - 1 Glass</b>
<b>Meal 6</b>	<b>1 Banana With 1 Glass Milk</b>
<b>Meal 7</b>	<b>Lukewarm Water - 1 Glass</b>

# Day 5

Meal 1	Lukewarm Water 1 Glass + 3 Nos Soaked Almonds
Meal 2	Tomato Salad (Use 3 tomatoes)
Meal 3	No Meals
Meal 4	Chicken/ Fish - 250 Gms With 1 Large Tomato
Meal 5	No Meals
Meal 6	Tomato Soup
Meal 7	Lukewarm Water - 1 Glass

# Day 6

<b>Meal 1</b>	<b>Lukewarm Water 1 Glass + 3 Nos Soaked Almonds</b>
<b>Meal 2</b>	<b>Veg Salad (Cucumber, Onion, Tomato, Carrot)</b>
<b>Meal 3</b>	<b>No Meals</b>
<b>Meal 4</b>	<b>Meat/ Paneer Sauteed - 250 Gms With 2 Large Tomatoes</b>
<b>Meal 5</b>	<b>No Meals</b>
<b>Meal 6</b>	<b>Broccoli/ Cabbage Soup</b>
<b>Meal 7</b>	<b>Lukewarm Water - 1 Glass</b>

# Day 7

Meal 1	Lukewarm Water 1 Glass + 3 Nos Soaked Almonds
Meal 2	Bowl Of Watermelon
Meal 3	Mix Veg Soup
Meal 4	Brown Rice - 1/2 Cup + Paneer + Sweet Lime Juice
Meal 5	No Meals
Meal 6	1/2 Cup Brown Rice + Sauteed Veggies
Meal 7	Lukewarm Water - 1 Glass



**35,000+**      **TRANSFORMATIONS**  
**59+**          **COUNTRIES**  
**1,00000+**    **APP DOWNLOADS**

CALL: +91-7717307443 or Download our App from



Google Play



Apple Store

