

breakfast

Must



Oats / Bread
1-2 slices whole grain bread OR 25g Oats with water/milk.

Must



Eggs
1 whole, 4 Egg whites made in any form

optional



Lemon Water
1 lemon in 1 glass room temperature water

lunch

Must



Veg Bowl / Salan
1 Bowl 200g of steamed or stir fried with olive oil OR any salan/roti

Must



Steak
2x Chicken Breast 100-150g each with any recipe and less sauces

optional



Roti
1 Whole Grain Roti (50-60g) with any salan

Fillers

must



Green Tea
1 Cup Green tea (no sugar) 1-2x a day

must



Salad Bowl
3 broccoli, 5g kale, 1 avocado, 2 carrots, 50g spinach, 1 banana

must



Any Fruit
1 Medium Apple or Citrus fruits (any seasonale fruit)

dinner

must



Brown Rice
100-150g cooked OR Salan / Roti

must



Dahi
100g unsweetened yogurt

support system

must



Dry Fruit
1 walnut + 4 almonds

optional



Apple Cider Vinegar
1tbsp in 1 glass room temp water before meals.