	EARLY MORNING MEAL	BREAKFAST	MID-MORNING SNACKS	LUNCH	EVENING SNACKS	DINNER
MONDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	1 medium bowl Paneer bhurji (60 g paneer + ¼ medium bowl spinach + ¼ medium bowl broccoli + 2 tbsp oil) + 2 soaked walnuts + 2 tbsp pumpkin seeds 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl Palak paneer (60 g paneer + ½ medium bowl spinach + 2 tbsp healthy oil) + 1 medium bowl cabbage stir fry (1 medium bowl cabbage + 1 tbsp butter) 	100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 medium bowl butter broccoli and paneer (60 g paneer + ½ medium bowl broccoli + 2 tbsp butter) 
TUESDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Greek yogurt bowl/curd (200 g greek yogurt/curd + 8-10 mixed berries + 2 tbsp flaxseeds) + 4 soaked walnuts + 2 tsp pumpkin seeds 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl coconut cream vegetable curry (½ medium bowl bell pepper + ¼ medium bowl beans + ¼ medium bowl thick coconut milk + 1 tbsp coconut oil) 	100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 medium bowl paneer bhurji (50 g paneer + one tomato + one onion + 2 tbsp healthy oil) 
WEDNESDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Cucumber sticks with peanut butter (1 cucumber + 60 g peanut butter + 2 tbsp flaxseeds) + 2 soaked walnuts + 2 tsp pumpkin seeds 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl stir fry spinach and cabbage (½ medium bowl spinach + ½ medium bowl cabbage + 3 tbsp olive oil or coconut oil) + 2 tsp pumpkin seeds 	100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 coconut chapati (15 g coconut flour + 1 tbsp psyllium husk – cook in 2 tbsp ghee) + 1 tbsp butter on top 
THURSDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Avocado paneer bowl (100 g paneer + 1/2 avocado + 1/2 cup spinach + 1 carrot + 2 tbsp healthy oil) 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl coconut + spinach + almond curry (¼ medium cup thick coconut milk + 2 tbsp coconut oil + 1 cup spinach + 50 g t ofu) + 1 coconut chapati (15 g coconut flour + 1 tbsp psyllium husk – cook in 1 tbsp ghee) 	100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 medium bowl coconut stir fry veggies (½ medium bowl spinach + ¼ medium bowl beans + 3 tbsp grated coconut + 2 tbsp coconut oil/ olive oil) 
FRIDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Seeds + peanut butter mix (2 tbsp peanut butter + 2 tbsp sunflower seeds + 1 tsp flax seeds + 2 tbsp pumpkin seeds + 1 lettuce + 1 cucumber) 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl sautee veg (spinach + broccoli + 2 tbsp butter + 1 tbsp olive oil) + 150 g full fat greek yogurt 	100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 medium bowl seed butter veg curry (one cup mix veg – carrot, spinach, tomato + 1 tbsp pumpkin seed paste + 2 tbsp butter + 1 tbsp healthy oil) 
SATURDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Curd peanut smoothie (200 g full fat curd + 2 tbsp peanut butter + 1 tbsp healthy oil + one cup spinach + 1 tbsp pumpkin seeds) 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl butter soya chunk masala (40 g dry soya chunks + 2 tbsp butter + 2 tbsp healthy oil + one cup spinach) 	100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts 	1 medium bowl mushroom butter fry (100 g mushroom + 2 tbsp butter) + 1 medium bowl sautee broccoli and cabbage (½ medium bowl cabbage + ½ medium bowl broccoli + 1 tbsp healthy oil) 
SUNDAY	1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts 	Scrambled eggs with spinach (use two whole eggs + 1 small bowl spinach + 3 tbsp butter) + 2 soaked walnuts + 2 tsp pumpkin seeds 	¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter 	1 medium bowl chicken curry (70 g chicken + one tomato + one onion + 2 tbsp butter) + 1 medium bowl spinach – stir fry in butter (1 medium bowl spinach + 1 tbsp butter) 	100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts	1 medium bowl fish curry (50 g fish + 1 t omato + 1 onion + 5-6 coriander leaves + 2 tbsp healthy oil)

References:

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