

## VEGAN DIET PLANNER

### Week 1 : Diet planner

#### Early morning

- ✓ Luke warm paani + ginger lemon + 3 overnight soaked dates OR
- ✓ Luke warm paani + 2 tsp overnight soaked chia seeds OR
- ✓ Luke warm paani + 1 tsp roasted flax seeds

#### Breakfast

- ✓ 2 pcs beetroot paratha + paneer bhurji (seasonal veggies ke saath) OR
- ✓ 2 pcs spinach paratha + mix veg stir fry + peanut coconut chutney OR
- ✓ Poha (veggies aur peanuts ke saath) + vegetable soup/stew

#### Mid-morning

- ✓ Apple-pomegranate salad (shaved almonds/walnuts ke saath) OR
- ✓ Roasted fox nuts + ek cup green tea/lemon tea OR
- ✓ Black coffee + homemade protein bar/laddoo.

#### Lunch

- ✓ 2 roti + ek cup dal (papaya, pumpkin, seasonal veggies ke saath) + ek cup curd raita OR
- ✓ 2 roti + soya chunks veg curry + ek cup curd OR
- ✓ 2 roti + ek cup paneer curry + ek cup boiled chana veg salad

#### Snacks (evening)

- ✓ Ek cup fox nut bhel + green tea OR
- ✓ Ek cup lemon tea + roasted chana OR
- ✓ Roasted almonds/peanuts + ek cup coconut water ya lemon water

#### Dinner

- ✓ 2 pcs ragi chilla + vegetable bharta + ek cup dal OR
- ✓ Dal khichdi + potato beans bhaji + vegetable raita OR
- ✓ Mushroom broccoli soup + toasted bread (1 pc) + stir-fried veggies.

## Week 2 : Diet planner

### Early morning

- ✓ Luke warm paani + turmeric & black pepper
- ✓ Luke warm paani + 2 tsp overnight soaked almonds/walnuts (3-4 pcs)
- ✓ Luke warm paani + 1 tsp roasted sesame seeds

### Breakfast

- ✓ 2 pcs cabbage paratha + tofu curry + seasonal veggie stir fry OR
- ✓ 2 pcs dal paratha + mix veg stir fry + peanut coconut chutney OR
- ✓ Vegetable upma + vegetable sambar + coconut peanut roasted chana chutney

### Mid-morning

- ✓ Roasted foxnuts & peanuts + green tea OR
- ✓ Sliced apple + peanut butter/almond butter OR
- ✓ Chana sprouts + apple + pomegranate salad + lemon tea

### Lunch

- ✓ 2 roti + palak matar aloo curry + boiled chana peanut salad OR
- ✓ 2 roti + bhindi/parwal/cabbage/cauliflower aloo sabzi + dal + salad OR
- ✓ 2 roti + mix dal curry + broccoli curry + salad

### Snacks (evening)

- ✓ Ek cup regular chai + bhel salad OR
- ✓ Black coffee + 2 digestive biscuits OR
- ✓ Chamomile tea/ginger lemon tea

### Dinner

- ✓ 2 roti ya small cup rice + dal (spinach ke saath) + seasonal veggies OR
- ✓ Oats khichdi + potato parwal/capsicum/carrot/brinjal bhaji + salad OR
- ✓ Ek bowl tofu + boiled soya beans/rajma beans + colorful veggies + pomegranate + walnuts & raisins + salad dressing.

## Week 3 : Diet planner

### Early morning

- ✓ Beetroot juice + 2-3 pcs walnuts OR
- ✓ Apple juice + 2-4 pcs overnight soaked, skin peeled almonds OR
- ✓ Cucumber tomato juice + 1 tsp roasted flax seeds.

### Breakfast

- ✓ 2 pcs palak/beetroot paratha + peanut chilli garlic onion chutney (sab raw grind karna hai) OR
- ✓ 1 pc tofu/moong dal dosa + ek cup sambar + ek small cup peanut chana coconut chutney OR
- ✓ 1 pc moong dal paratha + ek cup peanut coriander chutney + ek cup jeera lemon water.

### Mid-morning

- ✓ Boiled matar/chana salad + peanuts OR
- ✓ Moong sprouts salad + pomegranate apple OR
- ✓ Peanut butter toast (1 pc)

### Lunch

- ✓ 2 roti + seasonal veggie bhaji + peanut chutney (Thecha)
- ✓ Small cup rice + mix dal curry + ek cup cauliflower capsicum carrot + salad
- ✓ Small cup rice + small cup curd + aloo matar bhaji/curry with paneer/tofu

### Snacks (evening)

- ✓ Ek cup curd fruit salad OR
- ✓ Ek cup green tea + roasted sunflower seeds OR
- ✓ Homemade sesame laddoo + dates.

### Dinner

- ✓ Dalia vegetable khichdi + turai aloo sabzi + salad OR
- ✓ 2 pcs jowar/ragi/bajra roti (thoda oil brush karke) + seasonal veggie bhaji + dal + salad OR
- ✓ Aloo bharta + dal + ek cup rice

## Week 4 : Diet planner

### Early morning

- ✓ Ginger lemon honey water OR
- ✓ Pomegranate ginger juice OR
- ✓ ACV (2 tsp) + ek cup luke warm paani

### Breakfast

- ✓ Ek cup dalia vegetable khichdi + aloo matar curry OR
- ✓ Oats porridge (bina doodh ke) + almonds/walnuts/sunflower seeds + apple watermelon/banana apple salad OR
- ✓ Pumpkin sabzi + 1 pc small sprouts/dal paratha

### Mid-morning

- ✓ Boiled broccoli capsicum + walnut salad OR
- ✓ Roasted mix seeds (ek handful) + ek cup green tea/lemon tea OR
- ✓ Chamomile tea + boiled chana + pomegranate cucumber apple salad

### Lunch

- ✓ 2 roti + lauki chana dal + seasonal green leafy vegetable bhaji OR
- ✓ 2 roti + palak matar aloo + dal + salad OR
- ✓ Ek cup vegetable rice pulao + paneer

### Snacks (evening)

- ✓ Ek cup fox nut bhel + green tea OR
- ✓ Ek cup lemon tea + roasted chana OR
- ✓ Roasted almonds/peanuts + ek cup coconut water ya lemon water

### Dinner

- ✓ 2 pcs whole wheat chilla + vegetable bharta + ek cup dal OR
- ✓ Dal khichdi + potato beans bhaji + vegetable salad OR
- ✓ Mushroom broccoli soup + toasted bread (1 pc) + stir-fried veggies.