

Day 1 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Oats Porridge in Skimmed Milk (1 bowl) + Mixed Nuts (25 grams)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Cut Fruits juice (1 cup) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Tea with Less Sugar and Milk (1 teacup) or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 2 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Curd (1 katori) or Mixed Vegetable Salad(1 katori)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Apple (1 small) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Coffee or Tea with Milk & Less Sugar(1 tea cup)or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 3 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Skim Milk Yoghurt 1 cup + Multigrain (2 Biscuit)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Banana (1) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Tea with Less Sugar and Milk (1 teacup) or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 4 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Fruit and Nuts Yogurt Smoothie (1 glass)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Orange (1) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Coffee with Milk and Less Sugar (1 tea cup) or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 5 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Oats Porridge in Skimmed Milk (1 bowl) + Mixed Nuts (25 grams)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Papaya (1 bowl) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Coffee or Tea with Milk and Less Sugar (1 tea cup)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 6 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Curd (1 katori) or Mixed Vegetable Salad(1 katori)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Mix Cut Fruits (1 bowl) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Coffee or Tea with Milk & Less Sugar (0.5 teacup) or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

Day 7 Diet Chart

Time	Diet Food
7:00 AM	Cucumber Detox Water (1 glass)
8:00 AM	RLC CMD take with 1 lit. normal water
9:00 AM	Skim Milk Yoghurt 1 cup + Multigrain (2 Biscuit)
12:00PM	Skimmed Milk Paneer (25 grams)
12:30 PM	RLC CMD take with 1 lit. normal water
2:00 PM	Sprouts Salad (1 katori)
4:00 PM	Apple (1 small) or Buttermilk (1 glass)
4:15 PM	RLC CMD take with 1 lit. normal water
6:00 PM	Coffee or Tea with Milk & Less Sugar (1 tea cup) or Mix Veg. Soup(1 bowl)
8:30PM	RLC CMD take with 1 lit. normal water
9:00 PM	Mixed Vegetable Salad (1 katori)

