

Day	Water	Workout 30 minutes	Morning Boost (As per your needs)	Breakfast (Before 9 AM) 300 to 500 calories	Snack Time (11 to 12) 50 to 100 calories	Lunch Time (2 pm) 300 to 400 calories	Evening Snack (4 to 6 pm) 50 to 100 calories	Dinner Time (8 to 9 PM) maximum 300 calories
1st	Drink more water throughout the day	Jumping Jack Squats Burpee Pushups Plank	Overnight-soaked almonds and raisins or smoothie	Chrissy's veggie-filled Frittata with fresh brown bread, black coffee or green tea	Strawberries with Greek yogurt	Greek Quinoa Salad	Fruit salad, low-fat yogurt, or cottage cheese	Chipotle Chicken Fajitas
2nd	Lemon water or ACV water	Do any workout you like for 30-minute	Overnight-soaked almonds and raisins or smoothie	Cheesy omelet filled with veggies and brown toast with peanut butter, black coffee, or green tea	Tortellini primavera salad	Egg Roll In A Bowl	Bowel of popcorn	Fish Chowder Sheet Pan Bake
3rd	Apple cider vinegar or lemon water	Walk for 30 minutes	Fruit salad	Egg, Tomato, And Scallion Sandwich: 2 eggs omelet filled with spinach	Fast	Fast	Fast	Light dinner
4th	Apple cider vinegar or lemon water	Daily 30-minute workout or go for a walk	overnight-soaked almonds and raisins	Overnight-soaked oats,2 egg omelets with brown bread toast, coffee or green tea	Yogurt-filled fruits	Kimchi Tempeh Tacos	Overnight-soaked oats,2 egg omelets with brown bread toast, coffee, or green tea	Easy Tempeh Lettuce Wraps
5th	Lemon water or ACV water	30 minute workout	Papaya or any fruit	Butternut Squash Protein Pancakes	Yogurt with fruit	Chili Lime Bean Salad	hummus with bread and black coffee or green tea	Spicy Tofu Tacos
6th	Clove water	Walk for 30 minute	Fiber-rich smoothies (low-fat milk)	Protein rich breakfast	Fast	Fast	Fast	spice roasted salmon with roasted cauliflower
7th	Clove Water	30 minute workout	Overnight-soaked almonds and raisins or smoothie	Healthy Sweet Potato, Black Bean, And Avocado Breakfast Burritos	Yogurt with fruits	Greek Salad Pasta	Chia seed puddingGreek yogurt	Striped Bass With Radish Salsa Verde