



NAVRATRI FASTING WEIGHT LOSS PLAN

DAYS	EARLY MORNING	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 1	CINNAMON TEA (SOAK ½ STICK OF CINNAMON OVERNIGHT. NEXT DAY BOIL AND ADD 1 LEMON JUICE) + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	MAKAHNA SHAKE RECIPE SHARED	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	1 KUTTU CHILLA WITH PANEER (RECIPE LINK SHARED) + 100 GMS PLAIN CURD	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	NAVRATRI PREMIX APPE 6 (RECIPE LINKED)
Day 2	CHIA SEED WATER (SOAK 1 TSP CHIA SEEDS OVERNIGHT) + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	KUTTU SMOOTHIE (TAKE 2 TBLSP KUTTU ATTA, DRY ROAST, 1 TSP PEANUT BUTTER, 1 TSP JAGGERY POWDER, ½ TSP MIXED SEEDS, 5 ALMONDS, MILK) BLEND	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	1 PREMIX ATTA CHILLA (LINK SHARED) + 1 CUP MAKAHNA PANEER SABZI RECIPE LINKED + SALAD	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	1 PLAIN KUTTU CHILLA + PUMPKIN RAITA RECIPE SHARED
Day 3	CINNAMON TEA RECIPE SHARED + 1 TSP OVERNIGHT SOAKED CHIA SEEDS	BANANA DATING WITH DATES SMOOTHIE (2 DATES, ½ BANANA, HONEY, 1 TSP PUMPKIN SEEDS, 150 ML LOW-FAT MILK)	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	SAMAK RICE KHICHDI RECIPE SHARED	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	SAMAK RICE KHICHDI RECIPE SHARED
Day 4	COCONUT WATER – 250 ML + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	BANANA SHAKE (1 SMALL BANANA, 200 ML LOW-FAT MILK)	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	2 ALOO PANEER TIKKI + LAUKI RAITA	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	2 ALOO PANEER + LAUKI RAITA
Day 5	COCONUT WATER – 250 ML + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	MAKAHNA SHAKE RECIPE SHARED	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	1 PREMIX ATTA CHILLA (LINK SHARED) + 1 CUP MAKAHNA PANEER SABZI RECIPE LINKED + SALAD	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	BHAJARPANG/SEOUL/MAKHANA KHEER (MADE WITH JAGGERY) – 1 CUP
Day 6	COCONUT WATER – 250 ML + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	KUTTU SMOOTHIE RECIPE SHARED	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	1 KUTTU CHILLA + 1 CUP NADRU YAKHNI (LINK SHARED)	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	PUMPKIN HALWA RECIPE SHARED
Day 7	METHI WATER (SOAK 1 TSP METHI SEEDS OVERNIGHT IN 250 ML OF WATER NEXT DAY BOIL AND CONSUME) + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	NUTS AND SEEDS SHAKE (RECIPE LINK SHARED) + ½ SMALL MANGO	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	2 SAMAK RICE TIKKI (RECIPE LINKED) + LAUKI RAITA	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	BHAJARPANG/SEOUL/MAKHANA KHEER (RECIPE LINKED) – 1 CUP
Day 8	METHI WATER (SOAK 1 TSP METHI SEEDS OVERNIGHT IN 250 ML OF WATER NEXT DAY BOIL AND CONSUME) + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	NUTS AND SEEDS SHAKE (RECIPE LINK SHARED) + 1 CHIKU	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	PLAIN SAMAK RICE 60/70 GMS + 1 CUP MAKAHNA PANEER SABZI RECIPE SHARED + AMBAL RECIPE LINKED + LAUKI RAITA	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	SAMAK RICE KHICHDI RECIPE SHARED
Day 9	CHIA SEED WATER (SOAK 1 TSP CHIA SEEDS OVERNIGHT) + 5 ALMONDS + 1 WALNUT (SOAKED AND PEELED)	CHIKU SHAKE (USE 2 CHIKU, 200 ML LOW FAT MILK)	1 FRUIT OF CHOICE (APPLE, GUAVA, PAPAYA, BLUEBERRIES, STRAWBERRIES)	SAMAK RICE KHICHDI RECIPE SHARED	1 C GREN TEA/REGULAR TEA + 20 G ROASTED MAKHANA	PUMPKIN HALWA RECIPE SHARED

TIPS TO FOLLOW

1. This diet is a GENERAL meal plan and is designed considering fasting. People with MEDICAL COMPLICATIONS/PREGNANT LADIES DO NOT FOLLOW.
2. This plan along with regular workout will help lose weight in 9 days during Navratri.
3. Sweet potato (Shakarkandi) has a good amount of fibre, vitamins and minerals and will help stabilize blood sugar. It will promote fullness and help in weight loss.
4. Chia seeds and flax seeds are high in fibre, protein and omega-3
5. Fruits are a great source of vitamins, minerals and fibre. They will give you instant energy.
6. Fox nuts (Makhana) are high in calcium and low in sodium.
7. Kuttu (Buckwheat) is used during Navratri as grains and cereals are not allowed. It is gluten-free and great for weight loss. It helps to maintain blood pressure and cholesterol levels. It is also rich in vitamins, phosphorus, magnesium, and other micronutrients.
8. Singhara flour (Chestnut flour) can also be used instead of buckwheat atta as it is not a grain and is rich in protein, iron, and magnesium.
9. The dough of kuttu atta won't be as soft as wheat atta because kuttu is gluten-free.
10. Avoid: Full-fat milk instead use skimmed milk
11. Avoid: Fried food instead opt for baked snacks, chips (homemade)
12. Keep yourself hydrated throughout the day.

