



Day 1

- Avoid junk food like fast foods, things made with refined flour. Ditch the fatty food and say hello to foods which are high in fibre and bran like fresh fruits (apple, pears), vegetables (carrot, broccoli, spinach, brussels sprouts), whole grains, quinoa, legumes, beans, flax seeds and chia seeds.
- Get Ready to Sweat: Go for interval walking for 20 minutes (1 minute of fast walk followed by 2 minutes of slow walking or vice a versa.)
- Add to the routine some strength training exercises like one set of squats + push-ups (10-20 repetitions) + plank hold for 10 seconds to 1 minute with normal breathing. Don't forget to do cool down for 5-10 minutes.

Day 2

- Eat more pulses with skin or a bowl of oats in the morning to get your daily dose of fibre.
- Go out and enjoy interval walking (1 minute of fast walk followed by 2 minutes of slow walking or vice a versa.) Add a quick 5-10 minutes of cool down.

Day 3

- Incorporate fresh fruits in your diet and avoid fruit juices.
- Stay Fit: Start the routine with 20 minutes of interval walking (1 minute of fast walk and then 2 minutes of slow walking or vice a versa) followed by one set of squats + push-ups (10-20 repetitions) + plank hold for 10 seconds to 1 minute and a quick 5-10 minutes of cool down.

Day 4

- Adopt a diet which is rich in green leafy vegetables, cluster beans (gawar ki sabzi), asparagus, broccoli, drumstick leaves and fruits like papaya, oranges, raw banana, pear, sweet lime, guava, berries, apples.
- Stay active: 20 minutes of interval walking ((1 minute of fast walk and then 2 minutes of slow walking or vice a versa) followed by 5-10 minutes of breathing and stretching exercises.

Day 5

- Take a diet rich in fibre (pulses with skin, oats, leafy vegetables, cluster beans) and drink as much of water as you can. For male 38 grams and for female 35 grams of fibre is required and accordingly water consumption should increase. You should aim to drink 8-10 glasses of water per day.
- All you need is a good workout routine – Interval walking for 20 minutes (1 minute of fast walk and then 2 minutes of slow walking or vice a versa) followed by 10-20 repetitions of squats, plank hold for 10 seconds to 1 minute and 5-10 minutes of breathing and stretching exercises.

Day 6

- Incorporate your dose of fibre today from dried fruits like prunes, dried figs, dried apricots and seeds like fenugreek seeds. When hungry, snack on these as it also helps in controlling sugar cravings.
- Don't forget to go out for interval walking for 20 minutes (1 minute of fast walk and then 2 minutes of slow walking or vice a versa.) Add a quick cool down session for 5-10 minutes with some breathing and stretching exercises.

Day 7

- Ditch non-veg food for a day and go on a diet rich in vegetables, fruits and fibre. However, if you crave for non-veg add green vegetables to it.
- Enough of working out, today you deserve a break. Let those muscles relax a bit.