

SUGGESTIVE VEGETARIAN MEAL PLAN



CONQUERING MY OWN EVEREST

MONDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ Nuts and Seeds with Kesar Milk (Coconut Milk or Cow Milk)
- ★ **Besan-Palak Cheela with Paneer**
- ★ Lauki Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- **Sambhar with Peanuts**
- **Missi roti, or any dal flour roti**
- Green Vegetable
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Ema Datshi**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

TUESDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ Nuts and Seeds with Kesar Milk (Coconut Milk or Cow Milk)
- ★ **Unsweetened Peanut Butter Seeds Milkshake**
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- **Rajma with Paneer Pieces**
- **Stuffed cabbage/spinach wraps**
- **Cauliflower Rice**
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Khow Suey (without Noodles) with Peanuts**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

WEDNESDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ **Cauliflower Poha with Peanuts and Cheese**
- ★ Cabbage Juice with Wheatgrass Powder
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- **Chilli paneer/tofu**
- **Baked Lauki with Cheese**
- **Psyllium Husk and Coconut Flour Roti**
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Sauteed Vegetables with Paneer and Peanuts and Thai Homemade Sauce (Chutney)**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

THURSDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ Lobia Sprouts with Greens and Paneer
- ★ Palak-Dhaniya Juice with Wheatgrass Powder
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- Kale Chane with Paneer pieces
- **Torai Besan Sabzi**
- **Coconut Flour Bread**
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Baked Vegetables (Cauliflower, Bell Pepper, Tomato) with Stuffed Paneer & Cheese**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

FRIDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ **Chola/Peanut Chaat with Greens and Paneer**
- ★ Cabbage-Beetroot Juice with Wheatgrass Powder
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- **Moong Dal Idli with Grated Paneer, green chutney**
- **Cauliflower Rice**
- Cabbage Sabzi (without Aloo)
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Cheese Palak with Paneer**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

SATURDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ **Seed Coconut Paneer Ladoo**
- ★ Green Leafy Juice with Wheatgrass Powder
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- Chole with Grated Paneer
- **Saag**
- Psyllium Husk and Coconut Flour Roti
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Aglio-e-olio Zucchini Noodles**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

SUNDAY

MINDFUL MORNING ROUTINES

- ❑ Yog and Dhyaan in Fresh air and Sunlight
- ❑ 20 min - 1 hour Slow Morning Walk
- ❑ Lemon water with ACV, Black Salt and Wheatgrass Juice Powder (Additionally you can add powders of turmeric, cinnamon, clove, cardamom)
- ❑ 2 cloves of Garlic
- ❑ Morning Huddle at 9:40 am IST
- ❑ Legs-up for 30 seconds

BREAKFAST BREAKTHROUGHS

- ★ Ghee or Coconut oil
- ★ Moong Sprouts with Greens and Paneer
- ★ Lauki Juice with Wheatgrass Powder
- ★ Palak Juice with Wheatgrass Powder

REVAMPED LUNCHES

- Ghee with Dal Paani
- Toor/Chana Dal with Palak
- **Mushroom Broccoli soup**
- **Coconut Flour Pancake**
- Homemade Curd with Nutritional Yeast
- Sauerkraut or Fermented Vegetables or Pickles

MINDFUL EVENING ROUTINES

- Legs-up for 30 sec
- Lemon Water with Pudina
- 20 min Evening Dhyaan
- 3 to 10 Floors Stairs in Heart Rate Zone 1 (Z1)
- Evening Huddle at 8 pm IST

DELIGHTFUL DINNERS

- Coconut
- **Paneer Tikka & Tam Som (Raw Papaya Salad)**
- Cod Liver Oil Capsules or Flaxseed Oil Capsules
- Calcium Lactate
- Ready for tomorrow (Soak things, order veggies / grocery)
- Legs-up for 30 sec
- 7 - 8 hours Sleep

WHAT DO THE NEW LUNCH/DINNER PLATES LOOK LIKE?



For more recipes, visit us at: <https://cqmyoe.com/recipes/>

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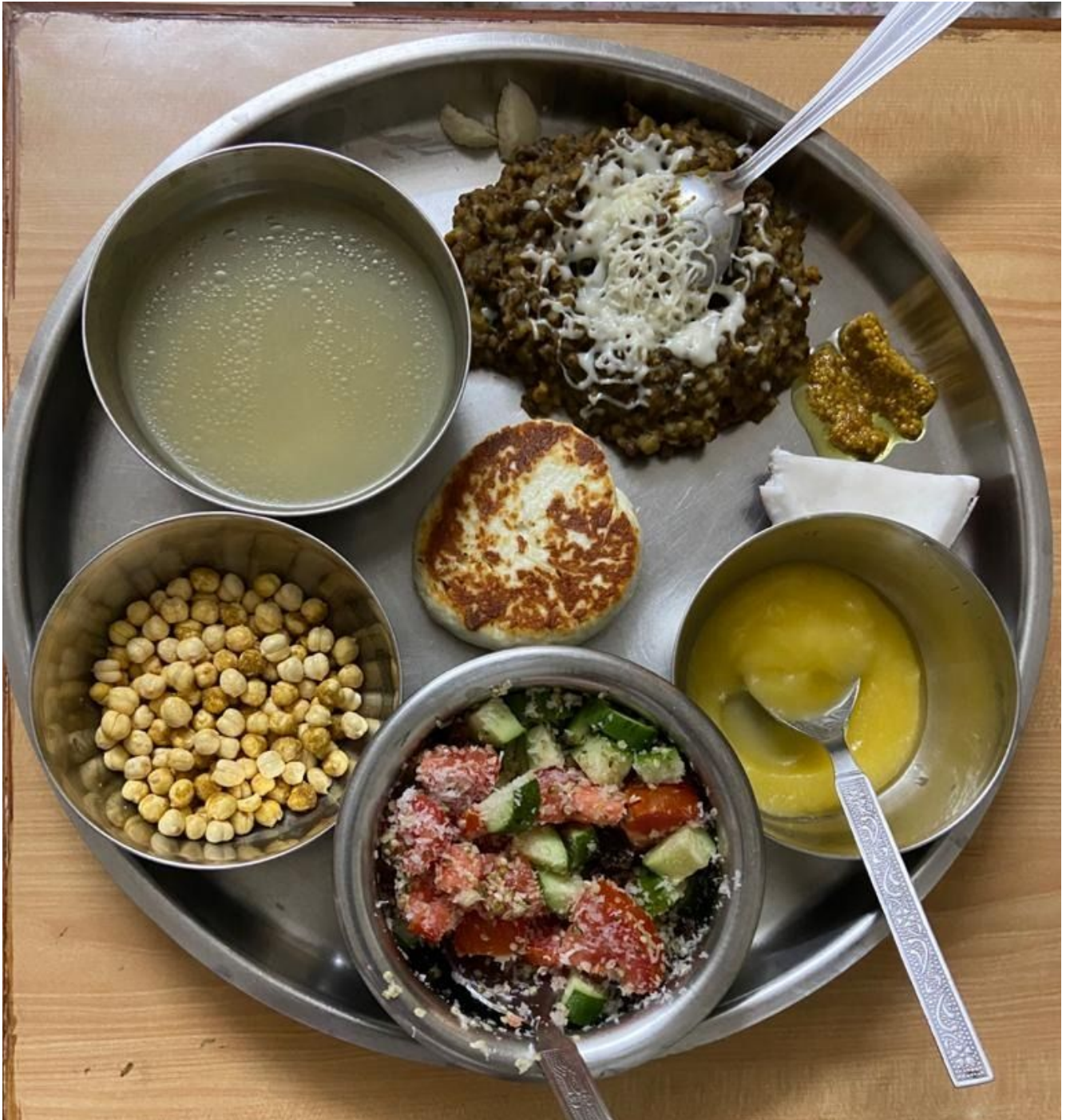


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