

Day	Meal
Day 1	<ul style="list-style-type: none">• All fruits – except bananas• Recommended fruits are watermelon and muskmelon• 8 to 12 glasses of water
Day 2	<ul style="list-style-type: none">• Large boiled potato• Cooked or uncooked vegetables of your choice without oil• 8 to 12 glasses of water
Day 3	<ul style="list-style-type: none">• All fruits – except bananas• Cooked or uncooked vegetables (except potatoes) of your choice without oil• 8 to 12 glasses of water
Day 4	<ul style="list-style-type: none">• 8 to 10 bananas• 3 to 4 glasses of milk• 8 to 12 glasses of water
Day 5	<ul style="list-style-type: none">• 6 tomatoes• One cup of brown rice• 12 to 15 glasses of water
Day 6	<ul style="list-style-type: none">• One cup of brown rice• Cooked or uncooked vegetables (except potatoes) of your choice without oil• 8 to 12 glasses of water
Day 7	<ul style="list-style-type: none">• One cup of brown rice• Any vegetables• All fruit juices