



Makes You Eat, Mumbai

by Dietician Foram Modi

Navratri Fasting Diet Plan for Weight Loss

9 Day's Satvik Diet Plan

by Best Clinical Dietitian in Mumbai – Dt. Foram Modi

Visit – <https://makesyoueat.com>



8369030744



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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 1

- **Morning:** Chia-lemon detox drink
 - **Breakfast:** Rainbow Sabudana Khichdi + cucumber raita
 - **Mid-Morning:** Papaya + 5 soaked almonds
 - **Lunch:** Samak khichdi + lauki sabzi + mint curd
 - **Evening Snack:** Makhana Chaat (onion-free, with cucumber, rock salt, lemon)
 - **Pre-Dinner:** Chia water (1 tsp chia + 1 glass water)
 - **Dinner:** Baked Sweet Potato Wedges + coriander chutney
- Post-Dinner: Warm cinnamon water

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 2

- **Morning:** Soaked almonds (5) + walnuts (2)
- **Breakfast:** Buckwheat Stuffed Paratha (paneer + spinach) + mint chutney
- **Mid-Morning:** Coconut water + banana
- **Lunch:** Suran sabzi + 2 kuttu rotis + cucumber salad
- **Evening Snack:** Makhana Chivda (dry roasted, spiced)
- **Pre-Dinner:** Chia water
- **Dinner:** Paneer Bhurji Lettuce Wraps + cucumber lassi

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 3

- **Morning:** Flaxseed water
- **Breakfast:** Fruit Raita (curd + apple + pomegranate) + roasted seeds
- **Mid-Morning:** Jeera buttermilk
- **Lunch:** Samak pulao (with lauki + carrot) + farali kadhi
- **Evening Snack:** Amaranth Chikki (1 small piece) + green tea
- **Pre-Dinner:** Chia water
- **Dinner:** Lauki soup + vrat muthiya (steamed, not fried)

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 4

- **Morning:** Lemon water + walnuts (2)
- **Breakfast:** Farali Dosa + coconut chutney
- **Mid-Morning:** Pear/guava (if tolerated) + cinnamon tea
- **Lunch:** Pumpkin sabzi + 2 kuttu rotis + salad
- **Evening Snack:** Roasted makhana + green tea
- **Pre-Dinner:** Chia water
- **Dinner:** Paneer stir-fry with bell peppers + cucumber lassi

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- PCOD / PCOS Diet Plan
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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 5

- **Morning:** Almonds (5) + chia water
- **Breakfast:** Cinnamon Sweet Potato Almond Butter Smoothie
- **Mid-Morning:** Apple slices + 1 tsp peanut butter
- **Lunch:** Paneer curry + suran sabzi + kuttu roti
- **Evening Snack:** Makhana Chivda
- **Pre-Dinner:** Chia water
- **Dinner:** Veggie soup + cucumber raita

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 6

- **Morning:** Warm water + soaked flaxseed
- **Breakfast:** Banana + almond milk smoothie (chia + cinnamon)
- **Mid-Morning:** Buttermilk + rock salt
- **Lunch:** Samak khichdi + bottle gourd sabzi + farali kadhi
- **Evening Snack:** Amaranth Chikki + green tea
- **Pre-Dinner:** Chia water
- **Dinner:** Stir-fried lauki + steamed vrat muthiya

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 7

- **Morning:** Almonds + lemon water
- **Breakfast:** Kuttu dosa + coconut chutney
- **Mid-Morning:** Banana + peanut butter
- **Lunch:** Paneer curry + 2 kuttu rotis + salad
- **Pre-Garba Snack:** Makhana Chaat + fruit bowl
- **Post-Garba Dinner:** Veggie soup + baked sweet potato

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 8

- **Morning:** Coconut water + chia seeds
- **Breakfast:** Fruit bowl + handful of nuts
- **Mid-Morning:** Tulsi tea + roasted makhana
- **Lunch:** Lauki sabzi + samak rice + farali kadhi
- **Evening Snack:** Makhana Chivda + cucumber sticks
- **Pre-Dinner:** Chia water
- **Dinner:** Paneer bhurji + sauteed veggies + cucumber lassi

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9 DAY'S NAVRATRI FAST DIET PLAN FOR WEIGHT LOSS

Day 9

- **Morning:** Lemon water + soaked chia
- **Breakfast:** Sabudana khichdi + curd
- **Mid-Morning:** Papaya bowl + green tea
- **Lunch:** Samak pulao + suran sabzi + salad
- **Evening Snack:** Makhana Kheer (jaggery + almond milk, small portion)
- **Pre-Dinner:** Chia water
- **Dinner:** Clear veggie soup + baked sweet potato

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