

breakfast

lemon water (1 glass) almonds (5) walnuts (2)  
wheatgrass juice (1 glass)

mid breakfast

fruits - apple, papaya, pomogranate, watermelon (2 cups)  
sprouted moong ,sprouted chana, tomato, onion, (1 cup)  
besan chilla with veggies(1) with coriander chutney  
choti bajri (2) with chutney  
oats chilla (2) with chutney  
fruits - mixed fruits (any 3 fruits)  
paneer - bread sandwich atta bread - 2

lunch

ragi chappati (1) small	cabbage matar sabzi (make sabzi with ghee)
beetroot chapati (1)	methi matar
jowar chappati (1)	vegetable with dal
chappati (1)	lauki
chappati (1)	tomato capsicum sabzi
chappati (1)	palak paneer (1 bowl)
mixed mint vegetable rice with curd	

dinner

mixed vegetable soup (2 cup)  
vegetable saute - carrot, beans,capsicum, paneer/cauliflower, sesame seeds (1 bowl)  
kulith dal soup  
khichdi  
daliya  
pumpkin soup  
moong dal sabzi & roti (1)

