
Tejal

Monday

Meal 1 | 09:00 AM

1. plain lemon juice : 1 glass

Meal 2 | 12:00 PM

1. Millet upma : 1 plate **OR** Spinach / methi Ragi Chilla : 1 unit

Meal 3 | 05:00 PM

1. TOMATO CUCUMBER SALAD : 1 Unit
2. LAUKI MASOOR DAL : 1 Katori
3. Jowar Roti : 2 nos

Meal 4 | 08:00 PM

1. MIX FRUIT BOWL : 1 Unit

Meal 5 | 10:00 PM

1. SOUP + SAUTE VEG OR EGGS IN ANY FORM : 1 Unit

Tuesday

Meal 1 | 06:00 AM

1. plain lemon juice : 1 glass

Meal 2 | 09:00 AM

1. Ragi Chilla : 2 unit
2. Coriander chutney : 1 halfbowl

Meal 3 | 12:00 PM

1. Jowar Roti : 2 nos
2. MIXED VEGETABLE SABZI WITHOUT POTATO : 1 Katori
3. CUCUMBER RAITA : 1 Unit

Meal 4 | 08:00 PM

1. SEASONAL FRUIT STOMACHFULL (WATERMELON / PAPAYA / APPLES) : 1 Unit

Meal 5 | 10:00 PM

1. BROCOLI + TOMATO + GHIYA + CAPSICUM + GINGER + GARLIC) SOUP : 1 Unit
2. Vegetable sautee : 1

Wednesday

Meal 1 | 09:00 AM

1. plain lemon juice : 1 glass

Meal 2 | 12:00 PM

1. Besan Chilla : 2 unit
2. Coriander chutney : 1

Meal 3 | 05:00 PM

1. RED KIDNEY BEANS CURRY : 1 BOWL
2. Jowar Roti : 2 nos
3. CUCUMBER SALAD (BLACK PEPPER AND LEMON CUCUMBER SALAD) : 1 Unit

Meal 4 | 08:00 PM

1. Watery fruits : 1 cup

Meal 5 | 10:00 PM

1. DAL KHICHDI WITH GHEE : 1 Katori

Thursday**Meal 1 | 09:00 AM**

1. plain lemon juice : 1 glass

Meal 2 | 12:00 PM

1. BLACK CHANA SPROUTS SUNDAL : 1 Katori

Meal 3 | 05:00 PM

1. Jowar Roti : 2 nos
2. palak paneer : 40 gm
3. BUTTERMILK / CHANCH : 1 GLASS

Meal 4 | 08:00 PM

1. Sunflower seeds : 7 gm
2. Pumpkin seeds : 1 spoon

Meal 5 | 10:00 PM

1. GHIYA RAITA / GHIYA SOUP/ YOUR FAV DIET SOUP + SAUTE VEGGIES : 1 Unit

Friday**Meal 1 | 09:00 AM**

1. plain lemon juice : 1 glass

Meal 2 | 12:00 PM

1. Ragi dosa : 2 pieces
2. Coconut Chutney : 3 tp

Meal 3 | 05:00 PM

1. PALAK MOONG DAL KI SABZI : 1 Katori
2. CUCUMBER RAITA : 1 Unit
3. Jowar Roti : 2 nos

Meal 4 | 08:00 PM

1. BOWLFULL OF FRUITS(WATERMELON /PAPAYA/ORANGE) : 1 Unit

Meal 5 | 10:00 PM

1. VEGETABLE KHICHDI : 1 BOWL

Saturday**Meal 1 | 09:00 AM**

1. plain lemon juice : 1 glass

Meal 2 | 12:00 PM

1. oats in milk with almonds : 1 katori
2. 3-4 OVERNIGHT SOAKED WALNUT : 1 Unit

Meal 3 | 05:00 PM

1. cucumber Curd Raita : 1 bowl
2. Jowar Roti : 2 nos
3. CARROT CAPSICUM SABZI : 1 Katori

Meal 4 | 08:00 PM

1. BOWLFULL OF FRUITS(WATERMELON /PAPAYA/ORANGE) : 1 Unit

Meal 5 | 10:00 PM

1. Green gram dal / Moong Dal : 40 gm
2. Jowar Roti : 2 nos

Sunday**Meal 1 | 07:00 AM**

1. plain lemon juice : 1 glass

Meal 2 | 09:00 AM

1. BAJRA ROTI KNEADED OR STUFFED WITH ONION/MOOLI/+ CURD/MINT CHUTNEY : 1 Unit

Meal 3 | 12:00 PM

1. Jowar Roti : 2 nos
2. curd : 1 cup
3. CABBAGE SABZI : 1 Katori

Meal 4 | 05:00 PM

1. MIX FRUIT BOWL : 1 Unit

Meal 5 | 08:00 PM

1. Vegetable Daliya Khichdi : 1 small bowl