

Timing	Monday/Wednesday/Saturday	Tuesday/ Thursday	Friday /Sunday
6-8am	One glass of water + lemon water +Pinch of dalchini powder/ jeera powder Or ACV		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khas khas half teaspoon		
9- 10 am	Rava 50gm Vegetable 150-200 gm Vegetable upma	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable appe or Moong dal idli	Black chana 50gm steamed sauté vegetable
12-1	Buttermilk 200ml /lemon water + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ one katori curd 50gm		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate सौंफ + अलसी (flax seeds) one spoon each		
3-3.30	One handful phutana	One handful roasted jawar lahi	One handful makhana
5-5.30	Fruits 100gm		
6.30-7	Dalia 60gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 60gm+ panner 30gm Vegetable 150+200gm	Two roti Vegetable Choely 30gm sabji 150+200gm 60gm
10.0p m	Milk 100 ml add haldi		

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6-8am	One glass of water + lemon water +Pinch of dalchini powder/ jeera powder		
7-8.30am	10-11 almond and one walnut, one anjeer 4- manuka		
9- 10 am	Three egg white (one full)	Three egg whites one full	Three egg white (one full)
12-1	Buttermilk 200ml /soya /lemon water		
1-1.30	Cucumber/onion /tomatoes Dal 30gm(moong/mot/choely/rajhma)		
2-2.30	Rice or Roti (30gm) sabji chia seeds 5-5gm in water two times a day		
3-3.30	सौंफ + अलसी (flax seeds) one spoon each		
5-5.30	Mix seeds Chia seeds one spoon 5gm one glass of water		
7-8.30pm	Oats / rice 30gm Three egg white Palak vegetable	Dalia 30gm and 50gm panner Lauki 150-160gm	One roti + Soyabean granules/ tofu 30gm sabji Two onion
	Palak, cabbage, cauliflower, lauki, turai, tinda,		

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7-8	One glass of water + lemon water + one spoon of methidana soaked in water overnight Or ACV		
8-9	5-6 almond and one walnut, one anjeer, roasted khas khas half teaspoon		
9-10	Three eggs (1white +2full)	Mot sprouts 30gm Vegetable salad 150gm -200gm	Rajma 30gm Vegetable salad 150-200gm
11-12	Coconut water / detox water+ one spoon 10gm chia seeds	Two egg white	Two egg whites
1-2	Vegetable salad 150gm- 200gm+ one katori curd		
2-3	Wheat roti 60gm Dal 20gm Sabji one plate	Ragi atta 40gm + besan 20gm +vegetable 50gm	Jawar /bajra 60gm Dal 20gm Sabji one plate
4pm	Green tea/ Black tea /Black coffee	Black tea /Green tea/ Black coffee	Black coffee /Green tea/ Black tea
5pm	Fruit 100gm	Fruit 100gm	Fruit 100gm
6pm	सौंफ + अलसी(flax seeds) one spoon each		
	Pumpkin seeds one spoon	Watermelon seeds one spoon	Sunflower seeds one spoon
6-7pm	Dal dhokali Dal 60gm Atta (wheat +besan) for dhokali-30-40gm Vegetable 100-150gm	Oats veg chilla Oats 30gm +panner 50gm Vegetable100-150gm	Moong dal Aape Moong dal 60gm +panner 30gm vegetable 100gm - 150gm
10pm	Milk 100-150ml		

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7-8am	5-6 almond and one walnut, one anjeer		
9-10am	Moong one spoon + mot one spoon + black chana one spoon + one spoon peanuts sprout steam it (30gm total)	One fruit 100gm and one cup of milk 100ml	
11-12	water+ one spoon 10gm chia seeds		
1pm-1.30	Vegetable100-150gm salad + 50gm curd		
2-3pm	Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm +masoor dal 30gm Vegetable100-150gm khichadi	Four idli vegetable sambhar Vegetable100-150gm
4-4.30	सौंफ + अलसी (flax seeds) one spoon each	Ajwain and til	सौंफ + अलसी (flax seeds) one spoon each
5-5.30	Fruit 100gm	Coconut water	
6-6.30pm	Mix seeds one spoon		
6.30 to 7.30pm	Moong dal 60gm vegetable 100gm chilla	Liquid day whole day	massor30gm Vegetable 100-150gm Massor sabji+ 30gm rice

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7-8.30	7-8 almond and one walnut, one anjeer roasted khas khas (roast it) half teaspoon		
9- 10 am	Mot 30gm Vegetable 150-200 gm Vegetable upma	Moong dal 30gm +Vegetable 150-200gm Moong dal vegetable appe or Moong dal idli	Black chana 30gm steamed sauté vegetable
12-1	Buttermilk 100ml /lemon water + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm (sprouts 30gm)- 200gm+ one katori curd 50gm		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Sabji one plate		
3.30pm	सौंफ + अलसी (flax seeds) one spoon each		
4-4.30	Mix seeds one spoon [watermelon, pumpkin, sunflower]		
Before gym	Fruits 100gm		
9-9.30	Rice 30gm+ moong dal 30gm +panner 50gmVegetable150+200g Make moong dal vegetable khichdi	Rajma 30gm+ panner 50gm Vegetable 150+200gm One roti	One roti(jawar) panner 50gm Vegetable 150+200gm

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11-12	water+ one spoon 5gm chia seeds		
1pm-1.30	Vegetable100-150gm salad +		
2-3pm	Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm +masoor dal 30gm Vegetable100-150gm khichadi	Four idli vegetable sambhar Vegetable100-150gm
4-4.30	सौंफ + अलसी (flax seeds) one spoon each	Ajwain and til	सौंफ + अलसी (flax seeds) one spoon each
5-5.30	Chia seeds 5gm water		Coconut water
6-6.30pm	Mix seeds one spoon		
6.30 to 7.30pm	Moong dal 60gm vegetable 100gm chilla	Liquid day whole day	massor30gm Vegetable 100-150gm Masoor sabji+ 30gm rice