



Monday

Breakfast | 08:00 AM

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Tuesday

Breakfast | 08:00 AM

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Wednesday

Breakfast | 08:00 AM

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Thursday

Breakfast | 08:00 AM

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Friday**Breakfast | 08:00 AM**

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Saturday**Breakfast | 08:00 AM**

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.

Sunday**Breakfast | 08:00 AM**

1 cup black coffee with 1 spoon butter + 4 to 5 Walnuts + 4 to 5 Almonds + 4 to 5 Pista + 2 dry figs.

Mid Morning | 11:00 AM

1 bowl (vegetable roasted coconut salad/vegetable soyabean salad) made in ghee or olive oil.

Lunch | 02:00 PM

100g (paneer/chicken) roasted in ghee or butter (in any style) with 1 cup mixed vegetable.

Evening Snacks | 06:00 PM

1 cup black coffee with 1 spoon butter with 4 to 5 walnuts + 4 to 5 almonds + 2 to 3 raisins + 1 dry fig.

Post workout | 08:00 PM

1 scoop whey in 200ml water + 2 to 4 overnight soaked in water almonds.

Dinner | 09:00 PM

100g (chicken boneless/mutton/soyabean) any gravy with 1 bhakri (bajra/nachni) + 1 glass lemon mint flaxseed water.