

TIME	MONDAY / WEDNESDAY / SATURDAY	TUESDAY / THURSDAY	FRIDAY / SANDAY
8-10AM	ONE GLASS OF WATER (ROOM TEMPRETURE) + LEMON JUICE ONE SPOON (OPTIONAL) + PINCH OF DALCHINI POWDER ONE SPOON OF JEERA WATER / APPLE CIDER VINEGER ONE SPOON IN ONE GLASS OF WATER		
	9-10 ALMOND (SOAKED OVERNIGHT, REMOVE SKIN)+ ONE WALNUT + 5-6 MANUKA ONE ANJEER.		
11	TWO EGG (ONE FULL AND ONE WHITE) 100 GM VEGETABLE SALAD	BARBATI 30 GM STEAMED AND SAUTE VEGETABLE 50 GM SALAD	TWO EGGS AND (1 FULL EGG + 1 WHITE)
	BUTTERMILK 250 ML + HALF SPOON CHIA SEEDS (SOAKED IN HALF KATORI WATER)		
2.00 PM	VEGETBLE SALAD 100 GM - 150 GM + 1 KATORI CURD		
2.30 - 3 PM	TWO WHEAT ROTI (30 GM EACH) / JAWAR ROTI (60GM),/ BAJARA ROTI60 GM/ RAGI ROTI 60GM / DAL 30 GM + SABJI		
5:00 PM	FRUIT ONE 100 GM + FLEX SEED + SAUF + ONE SPOON MIX SEEDS		
5.00 PM	GREEN TEA		
7.30 PM	OATS 60 GM PANEER 30 GM VEGETABLE 50 - 60 GM UPMA	DALIA 40 GM MASSOR DAL 20 GM VEGETABLE 50 -60 GM 1 } DALIA MOONG DAL VEGETABLE KHICHADI AND KADHI 2} PLAIN DALIA AND VEGETABAL DAL	TWO ROTI 40 GM TWO EGGS WHITE VEGETABLE BHURJI OR TWO EGGS WHITE VEGETABLE / PANERR 50 GM PULAV RICE 50 GM, CHICKEN SSTEAMED CHICKEN 3-4 PIECES RICE 50 GM
10:00 PM	VEGETABLE SOUP / MILK 100 ML WITHOUT SUGER		