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**Kedar Datt**

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**Monday**

**Breakfast | 09:00 AM**

1. Oats : 35 gm
2. Milk, whole, Cow : 100 ml

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**Meal 2 | 11:00 AM**

1. Rice, raw, milled : 50 gm

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**Tuesday**

**Breakfast | 09:00 AM**

1. Milk, whole, Cow : 100 ml
2. Oats : 35 gm

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**Meal 2 | 11:00 AM**

1. Rice, raw, milled : 50 gm

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**Wednesday**

**Meal 1 | 09:00 AM**

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**Meal 2 | 11:00 AM**

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**Meal 3 | 01:00 PM**

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**Meal 4 | 06:00 PM**

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**Meal 5 | 09:00 PM**

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**Thursday**

**Meal 1 | 09:00 AM**

---

**Meal 2 | 11:00 AM**

---

**Meal 3 | 01:00 PM**

---

Meal 4 | 06:00 PM

---

Meal 5 | 09:00 PM

---

**Friday**

Meal 1 | 09:00 AM

---

Meal 2 | 11:00 AM

---

Meal 3 | 01:00 PM

---

Meal 4 | 06:00 PM

---

Meal 5 | 09:00 PM

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**Saturday**

Meal 1 | 09:00 AM

---

Meal 2 | 11:00 AM

---

Meal 3 | 01:00 PM

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Meal 4 | 06:00 PM

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Meal 5 | 09:00 PM

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**Sunday**

Meal 1 | 09:00 AM

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Meal 2 | 11:00 AM

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Meal 3 | 01:00 PM

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Meal 4 | 06:00 PM

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Meal 5 | 09:00 PM

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