

17.Mar.2017 - Day 1

**Early Morning (7:00 AM)**

- 1 Glass Warm Water With Lemon Juice
- 1/2 Glass Plain Milk
- 1 No Walnut

**Breakfast (8:30 AM)**

- 1 No Plain Egg Omelette (add 1 whole egg +1 eggwhite )
- 2 No Toasted Wheat Bread

**Mid Morning (11:00 AM)**

- 1 Cup Green Tea With Lime
- 1 No Fruit
- 5 No Almonds (have after 30 minutes )

**Lunch (1:30 PM)**

- 1 Bowl Salad
- 2/3 Katori Subzi
- 1 Glass Buttermilk
- 2 No Phulka Without Ghee

**Tea (3:30 PM)**

- 2 No Plain Khakra
- 2 No Dry Figs

**Dinner (8:30 PM)**

- 1 Bowl Salad
- 1 No Phulka Without Ghee
- 2/3 Katori Subzi
- 1/2 Katori Dal

18.Mar.2017 - Day 2

**Early Morning (7:00 AM)**

- 1 Glass Warm Water With Lemon Juice
- 1/2 Glass Plain Milk
- 1 No Walnut

**Breakfast (8:30 AM)**

- 1 Bowl Kellogg's Muesli Nuts Delight 40 g With 120 ml Skim Milk
- 2 No Egg White

**Mid Morning (11:00 AM)**

- 1 Cup Green Tea With Lime
- 1 No Fruit
- 5 No Almonds (have after 30 minutes )

**Lunch (1:30 PM)**

- 1 Bowl Salad
- 2/3 Katori Subzi
- 1 Glass Buttermilk
- 2 No Phulka Without Ghee

**Tea (3:30 PM)**

- 2 No Plain Khakra
- 2 No Dry Figs

**Dinner (8:30 PM)**

- 1 Bowl Salad
- 1 No Phulka Without Ghee
- 2/3 Katori Subzi
- 1/2 Katori Dal

19.Mar.2017 - Day 3

**Early Morning (7:00 AM)**

- 1 Glass Warm Water With Lemon Juice
- 1/2 Glass Plain Milk
- 1 No Walnut

**Breakfast (8:30 AM)**

- 1 Bowl Kellogg's Muesli Nuts Delight 40 g With 120 ml Skim Milk
- 2 No Egg White

**Mid Morning (11:00 AM)**

- 1 Cup Green Tea With Lime
- 1 No Fruit
- 5 No Almonds (have after 30 minutes )

**Lunch (1:30 PM)**

- 1 Bowl Salad
- 2/3 Katori Subzi
- 1 Glass Buttermilk
- 2 No Phulka Without Ghee

**Tea (3:30 PM)**

- 2 No Plain Khakra
- 2 No Dry Figs

**Dinner (8:30 PM)**

- 1 Bowl Salad
- 1 No Phulka Without Ghee
- 2/3 Katori Subzi
- 1/2 Katori Dal