



Reshma (Week5)

Aa Day	☰ Meal Type	☰ Meal Time	☰ DESCRIPTION
<u>Untitled</u>			
<u>Day_1</u>	Early Morning	7.00 am	1 glass Jeera water Lemon
<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid morning	12.30 am	Lemon water
<u>Untitled</u>	Lunch	1.30 pm	Roti (1)+ Sabzi (1 bowl) + Salad (1 bowl)
<u>Untitled</u>	Mid evening	5.30 pm	Pani Puri (1 Plate)
<u>Untitled</u>	Dinner	8.30 pm	Veg Quinoa (1 Bowl) + Green chutney (3 tbsp)
<u>Untitled</u>			
<u>Untitled</u>			
<u>Day_2</u>	Early Morning	7.00 am	Lukewarm Aijwan water (1 glass)
<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid morning	12.30 pm	Lemon chia seeds water
<u>Untitled</u>	Lunch	1.30 am	Roti (1)+ Sabzi (1 bowl) + Salad (1 bowl)
<u>Untitled</u>	Mid evening	5.30 pm	Bhel (1 bowl)

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<u>Untitled</u>	Dinner	8.30 pm	Rajmah (1 bowl) + Rice (1 bowl)
<u>Untitled</u>			
<u>Day 3</u>	Early Morning	7.00 am	1 glass Lukewarm Water + Teel Seeds
<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid morning	12.30 pm	Coconut Water
<u>Untitled</u>	Lunch	1.30 pm	Roti (1)+ Sabzi (1 bowl) + Salad (1 bowl)
<u>Untitled</u>	Mid evening	5.30 pm	Chaat (1 plate)
<u>Untitled</u>	Dinner	8.30 pm	Lentil Quinoa Idli (4) + Chutney (4 tbsp) + Sambar (1 bowl)
<u>Untitled</u>			
<u>Day 4</u>	Early Morning	7.00 am	1 glass Jeera water + Fruit+ 2 Walnuts + 3 Almonds
<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid Morning	12.30 pm	Lemon Water
<u>Untitled</u>	Lunch	1.30 pm	Roti (1)+ Sabzi (1 bowl) + Salad (1 bowl)
<u>Untitled</u>	Mid Evening	5.30 pm	Fruit
<u>Untitled</u>	Dinner	8.30 pm	Dal (1 bowl) + Rice (1 bowl) + Green Chutney (4 tbsp)
<u>Untitled</u>			
<u>Untitled</u>			
<u>Day 5</u>	Early Morning	7.00 am	Chia seeds (1 tsp)+ lukewarm water
<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid Morning	12.30 pm	Fruit
<u>Untitled</u>	Lunch	1.30 pm	Roti (1)+ Sabzi (1 bowl) + Salad (1 bowl)
<u>Untitled</u>	Mid Evening	5.30 pm	Energy Bar
<u>Untitled</u>	Dinner	8.30 pm	Ragda (1 bowl) + Pattice (4)
<u>Untitled</u>			
<u>Day 6</u>	Early Morning	8.30am	1 glass Aijwan water + Coconut water

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<u>Untitled</u>	Breakfast	9.30 am	Unlimited Fruits + Coconut Water
<u>Untitled</u>	Mid Morning	11.00 am	Lemon water
<u>Untitled</u>	Lunch	1.30pm	Roti (1)+ Sabzi (Leafy Veg) + Salad (1 bowl)
<u>Untitled</u>	Mid Evening	5.30 pm	Fruit
<u>Untitled</u>	Dinner	8.30 pm	Chole (1 bowl) +Oats Wheat Kulcha (2)
<u>Untitled</u>			
<u>Untitled</u>			