

Timing	Wednesday/ Friday /Sunday	Thursday/Saturday
8.30AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder	
9.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted	
10-11am	Two egg white vegetable (100-150gm) Omelette with one atta bread	Mot sprouts 50gm soaked steamed and sauteed vegetables salad (100-150gm)
12.00	Buttermilk 200ml+ chia seeds 5gm	
1.00	One katori vegetables 100gm + curd 50gm	
2.00pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (80 gm) Dal one katori (30gm) One katori sabji mostly use vegetables	
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water	
4.30PM	One fruit 100gm (less sweet)	
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea	
8.00- 8.30PM	30gm Roti Three egg white vegetable bhurji	Dalia 30 gm Moong dal 50gm vegetable khichadi kadhi
10.30 Pm	One cup(100ml) of milk no sugar/no malai + kabipro powder	

Week 2

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8.00am	5-6 Almond, one walnut+ one Anjeer + 5-6 manuka		
8.00- 9.30AM	Moong sprout 30gm Vegetable 100-150gm salad	Two egg white Vegetable 100-150gm	Mot 30gm sprouts Soak and steamed Vegetable salad 100-150gm Vegetable mot
1.00	One katori vegetables 100gm-150gm + curd 50gm		
2.00	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Mix seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea Buttermilk 200ml+ chia seeds 10gm		
7.30- 8.00PM	Rice 30gm Panner 50gm vegetable 150-160gm pulao and kadhi	Ragi 60 gm+ Moong dal 50gm + Vegetable (150-160gm) Ragi moong dal vegetable chilla	Roti 30 gm vegetable Panner 50gm vegetable sabji
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		

Week 3

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.30AM 8.30	One glass of water + One spoon of lemon juice pinch of roasted pinch of dalchini powder + 5-6 almond + one walnuts+ one anjeer		
9.00- 10.30AM	Two egg whites' vegetable 150-160 gm omelettes	Black chana 30gm soaked and steamed and vegetable 150-160 gm	Two boiled egg whites' vegetable150-160 gm
1.30pm	One bowl of steamed Vegetable salad 150g+ 50gm curd		
2.30 -	Jawar Roti\ bajra roti / Ragi/Rajgira atta  (30 gm) Dal one katori (20gm)  One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water  One spoon of mixed seeds (watermelon /pumpkin/sunflower)		
4.30 PM	One fruit 100gm		
7.00- 7.30PM	Moong dal vegetable 60gm  Vegetable 150-160 gm  chilla with pudina chutney	Panner 50gm vegetable 150-160 gm  Two atta bread sandwich  Tomato soup	Oats 30gm+  Moong dal 30gm  +Vegetable150- 160 gm  khichadi
10.30pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		

Week4

	Monday /Wednesday /Saturday	Tuesday/ Thursday	Friday/ Sunday
6-7am	One glass of water + lemon water +Pinch of dalchini powder/ jeera powder		
7-8am	5-6 almond and one walnut, one anjeer		
9-10am	Moong one spoon + mot one spoon + black chana one spoon + one spoon peanuts sprout steam it (30gm total)		One fruit 100gm and one cup of milk 100ml
11-12	water+ one spoon 10gm chia seeds		
1pm-1.30	Vegetable100-150gm salad + 50gm curd		
2-3pm	Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm +besa 30gm Vegetable100-150gm khichadi	Four idli vegetable sambhar Vegetable100-150gm
4-4.30	æϙ + y π æϙ flax seeds) one spoon each	Ajwain and til	æϙ + y π æϙ flax seeds) one spoon each
5-5.30	Fruit 100gm		Coconut water
6-6.30pm	Mix seeds one spoon		
6.30 to 7.30pm	Moong dal 60gm vegetable 100gm chilla	Besan60gm vegetable chilla	massor30gm Vegetable 100-150gm Massor sabji+ 30gm rice
10pm	Vegetable soup		

Week 5

	Monday /Wednesday /Saturday	Tuesday/ Thursday	Friday/ Sunday
7am	One glass of water + lemon water +Pinch of dalchini powder/ jeera powder/ ACV		
7-8am	11-12 almond(soaked) and one walnut, one anjeer		
9-10am	Two egg white		
11-12	water+ one spoon 10gm chia seeds soaked 10min before		
1pm-1.30	Vegetable100-150gm salad		
2-3pm	Dalia 30gm +moong dal 30gm  Vegetable100-150gm khichadi	Oats 30gm +masoor dal 30gm  Vegetable100-150gm khichadi	60gm mix dal vegetable sambhar  Jawar roti  Vegetable100-150gm
4-4.30	सौंफ + अलसी (flax seeds) one spoon each	सौंफ + अलसी (flax seeds) one spoon each	सौंफ + अलसी (flax seeds) one spoon each
5-5.30	Green tea (two time)/ sanuf one spoon + two tea cup reduce half  Coconut water		
6-6.30pm	Mix seeds one spoon		
7.30 to 8.30pm	And three egg (1 full +2 white)  Vegetable 150-160gm omelette	Soya chunk 30gm  Rice 30gm  Vegetable 50-60gm pulao	Massor30gm+30gm soya chunk  Vegetable 50-60gm  Dal
10.30pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		

Week 6

	Monday /Thursday	Tuesday/Sunday	Wednesday/Friday
7.00	One glass of water + soaked one spoon of saunf overnight strain it		
8.30	7-8 almond, one walnut		
10.00	Milk and fruit	2-3 pieces of besan dhokla and vegetable salad	Two egg white boiled
11.00	Green tea without sugar		
12.30	Salads 200-250gm + curd 50gm		
2.00	2-3 vegetable idli  (Two portion of dal one portion of rice ) batter  Dal 30gm +vegetable 100gm  make vegetable sambhar	Rice 30gm and rajma 30gm vegetable 100-160gm  Rajma rice	vegetable 100gm  jawar dosa 30gm+  Dal 30gm + vegetable 100gm make vegetable sambhar
3pm	Buttermilk 250ml+ chia seeds 1/2 spoon		
	<b>Saturday liquid day</b>		
4pm	Chia seeds one spoon in buttermilk		
/6pm	Saunf and flax seeds  mix seeds one spoon + one fruit		
7-8pm	Dalia 30gm  Moong dal 50gm  vegetable	Oats 30gm +tuvar dal 60gm  vegetable khichadi and kadhi	Masoor dal 50gm vegetable 100gm chilla stuff with panner 50gm

Week 7

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30 am	7-8 Almond, half walnut		
10.00am	One big bowl vegetable salad 100gm, + handful of sprouts Buttermilk 1000ml+ chia seeds 1 spoon (raw) soak it (have it sip by sip whole day)		
	Wheat roti 60gm Dal 20gm Sabji one plate		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf  Green tea		
3.30PM	Mix seeds one spoon		
4.30 PM	Green tea		
5.00PM	Fruit 100gm		
7.30-9.00PM	Moongdal-50gm+ 10g rice Vegetables-150-160gm Make veg dal khichadi	30gm panner + chick peas 30gm salad with add vegetables	Masoor dal 30gm+ Panner 60gm Vegetable salad
10.30 pm			





Week 8

Week 9

Maintainance