

	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		