

	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 seesds1/2 spoon		
	Saturday liquid day		
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