

WEEK 1 (1/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150- 200gm Poha
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		