

WEEK 1 (8/4/23)

| Timing     | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday  | Friday /Sunday  |
|------------|---|--|---|
| 5.30-7am   | One glass of water + lemon water +Pinch of dalchini powder                                  |  |   |
| Before gym | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon                        |  |   |
| 10 am      | Rava 30gm+ panner20gm<br>Vegetable 150-200 gm<br>Vegetable upma<br>Two boiled egg white     | Moong dal 50gm<br>Vegetable 150-200gm<br>Moong dal vegetable Appe or<br>Moong dal idli<br>Two boiled egg white | Poha 30gm +Black chana 20gm<br>steamed sauté usal<br>vegetable 150-200gm Poha<br>Two boiled egg white |
| 12-1       | COCONUT WATER/lemon water/buttermilk<br>+ one spoon 10gm chia seeds                         |  |   |
| 1-1.30     | Vegetable salad 150gm- 200gm+ Curd one katori   |  |   |
| 2-2.30     | Jawar / Bajra /Ragi/ Wheat / (80gm) roti<br>Dal 20gm<br>Sabji one plate                     |  |   |
|            | सौंफ + अलसी ( flax seeds) one spoon each  |  |   |
|            | One handful phutana   | One handful roasted jawar lahi   | One handful makhana   |
| 5-5.30     | Fruits 100gm  |  |   |
| 6PM        | ONE CUP GREEN TEA   |  |   |
| 7.00-7.30  | Dalia 60gm+ moong dal 30gm<br>Vegetable 150+200gm<br>Make Dalia moong dal vegetable khichdi | Oats 60gm+ panner 30gm<br>Vegetable 150+200gm  | Chicken 100gm (4 medium sized pieces in very less oil)<br>Two roti+ vegetable salad                   |
| 10-10.30   | Milk 100ml turmeric   |  |   |

