

**Plan 2 (7/4/23-21/4/23)**

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.00AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder + 5-6 spoon of honey + One dry fruit Ladoo		
8.00am	One cup Tea and two atta bread apply peanut butter		
9.00 -10	1) Two panner parathas and curd  <b>Or</b> <b>2) 2 Bread + two boiled eggs</b>	Three idli and vegetable sambhar  <b>Or</b> Poha one plate and chana one plate	Two mixes veg paratha and curd (add gud)  <b>Or</b> Two roti and aloo ki sabji and dahi
9.00-10	Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		
12- 1	Butter milk one katori	Lassi one katori	One katori soya milk
2pm lunch	Three roti / wheat /bajra/ jowar add ghee  One katori dal add ghee  Sabji +  Rice one katori adds ghee		
4pm	One katori bansudi	one plate lauki sheera	Sevai khir
5pm	Tea + two mari biscuit		
7pm	Fruit one		
8pm	Two and half roti  One katori dal add ghee  Sabji + Rice adds ghee		
	Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		