

13Week

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Two idli and chana dal + curd chuteny	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 / (0gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Dalia 60gm+ moong dal 30gm Vegetable 150+200gm <b>Make Dalia moong dal vegetable khichdi</b>	Oats 60gm+ panner 30gm Vegetable 150+200gm <b>Oats panner upma</b>	Roti 60gm Tuar dal 30gm palak tomatoes dal bhaji <b>Roti and dal bhaji</b>
10- 10.30	Milk 100ml turmeric		