

WEEK 1 (23/5/23)

Timing	Wednesday/ Saturday	Thursday	Friday /Sunday
9.30am	One glass of water + lemon water +Pinch of dalchini powder		
Before games	7-8 almond and one walnut, one anjeer, 5-6 manuka, roasted khaskhas half teaspoon + one handful of sprouts(30gm) steamed and sauteed		
11am	Vegetable salad 150gm-200gm+ Curd one katori(50gm) Three roti (80gm) + dal one katori +one plate sabji + one boiled egg white	Vegetable salad 150gm-200gm+ Curd one katori Three Jawar roti (80gm) + dal one katori +one plate sabji one boiled egg white	Vegetable salad 150gm- 200gm+ Curd one katori Three Ragi/wheat roti (80gm) + dal one katori +one plate sabji boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
2-2.30	सौंफ + अलसी(flax seeds) one spoon each Mix seeds one spoon		
3-2.30	One handful phutana		One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA before gym		
8.00-8.30 Makin	Dalia 60gm+ moong dal 50gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 60gm+ panner 50gm Vegetable 150+200gm	Chicken 100gm (4 medium sized pieces in very less oil) +Three roti/ or rice 80gm + vegetable salad 150+200gm
10-10.30	Milk 100ml turmeric		