

Dr Sonal's DietPlan

12-1	Buttermilk+ one spoon 10gm chia seeds			
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori WEEK 6 (20/5/23)			
	Timing	Monday/Wednesday Saturday liquid day 1	Tuesday/ Thursday/ Sunday	Friday / Sunday
	5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
	7.00-7.30			
	10 am	Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm + 20gm panner make smoothie		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate			
	सौंफ + अलसी(flax seeds) one spoon each			
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA			
7.00-7.30	Masoor dal 60gm vegetable chilla and pudina chutney + 3-4 moong vegetable idli Tomato chutney	One roti +choely 50gm Vegetable 150+200gm sabji or chickpeas pasta 40gm + moong sprouts	One roti / noodles 30gm Soya granules 30gm vegetable bhurji	
10-10.30	Milk 100ml turmeric			