

week 2								
day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:30	8:00	10:30	1:00	4:00	6:30	8:00	10:30
05/04/2023	Seed water + Soaked dry fruits	vegetables grilled sandwich - 1 slice of whole wheat bread + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp pumpkin seeds + 1 tbsp flaxseed (roasted)	lauki masala roti 1-2 + moong sabji + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	brown rice pulao 8 tbsp + curd	Chia seed water
05/05/2023	Seed water + Soaked dry fruits	moong dal chilla 1 + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp pumpkin seeds + 1 tbsp flaxseed (roasted)	Dal + sabji + 1-2 roti + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	lentil soup + sauted vegetables	Chia seed water
05/06/2023	Seed water + Soaked dry fruits	oats upma 8 tbsp + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp sunflower seeds + 1 tbsp sesame seeds	dal fry + jeera rice 8 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	vermicelli upma 8 tbsp + curd	Chia seed water
05/07/2023	Seed water + Soaked dry fruits	Besan chilla 1 + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp sunflower seeds + 1 tbsp sesame seeds	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	paneer chilli dry (80gms of paneer) + lemon coriander soup	Chia seed water
05/08/2023	Seed water + Soaked dry fruits	vegetables poha 8 tbsp + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp sunflower seeds + 1 tbsp sesame seeds	moong dal khichadi 8 tbsp + sabji + curd/kadhi + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	bhaji (oil not more than 5-7.5ml) + 1 whole wheat bread	Chia seed water
05/09/2023	Seed water + Soaked dry fruits	oats chilla 1 + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp sunflower seeds + 1 tbsp sesame seeds	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	moong chat 8 tbsp + curd	Chia seed water

05/10/2023	Seed water + Soaked dry fruits	suji upma 8 tbsp + sattu water	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed rotation - 1 Tbsp sunflower seeds + 1 tbsp sesame seeds	dal + rice 8 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	quinoa salad 8 tbsp + curd	Chia seed water
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