WEEK 6							
	thursday	friday	saturday	sunday	monday	tuesday	wednesday
MealName / Days	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early morning (7:15- 7:30 am)	normal water + soaked dry fruits (4 almonds + 2 walnuts + 1 anjeer)	+ soaked dry fruits (4	+ ginger and cinammon OR just the normal water + soaked dry fruits (4 almonds +	+ ginger and cinammon OR just the normal water + soaked dry fruits (4 almonds +	+ ginger and cinammon OR just the normal water + soaked dry fruits (4 almonds +	+ ginger and cinammon OR just the normal water + soaked dry fruits (4 almonds +	Warm water with lemon + ginger and cinammon OR just the normal water + soaked dry fruits (4 almonds + 2 walnuts + 1 anjeer)
8:00 - 9:00 am	workout (consume about 800 ml to 1 lit water during workout)	workout (consume about 800 ml to 1 lit water during workout)	workout (consume about 800 ml to 1 lit water during workout)	workout (consume about 800 ml to 1 lit water during workout)	about 800 ml to 1 lit	workout (consume about 800 ml to 1 lit water during workout)	workout (consume about 800 ml to 1 lit water during workout)
Break Fast (9:30 - 10:00 am max ) collagen supplement in water	mango, banana, apples, pomegranates - mix them in a bowl. You can also add honey or lemon juice for added flavour.	besan bread - 2 slice of wheat bread	dal paratha - 1-2 med (not more than 5 ml oil)	suji veg chilla 1-2 med		quinoa veg upma - 12 tbsp	poha 12 tbsp
Mid Morning (12:00 pm max)	fruit smoothie with chia seeds	one fruit excluding one's not allowed + lemon water without sugar / coconut water / buttemilk / green tea OR fruit smoothie with chia seeds OR ABC juice	lemon water without	one fruit excluding one's not allowed + lemon water without sugar / coconut water / buttemilk / green tea OR fruit smoothie with chia seeds OR ABC juice	one's not allowed + lemon water without sugar / coconut water / buttemilk / green tea OR fruit smoothie with chia seeds OR ABC	buttemilk / green tea	one fruit excluding one's not allowed + lemon water without sugar / coconut water / buttemilk / green tea OR fruit smoothie with chia seeds OR ABC juice
Lunch (2:00 - 2:30 pm max)	ragira roti 1-2 small + boiled potato with semsame seeds	2-3 roti (wheat : rajgira : oats : besan - 40:20:20: 20) +sabji + dal / pulses / kadhi + curd + salad	rajma + 12-15 tbsp boiled rice + veg raita	palak paneer + regular roti 2-3 + curd	: oats : besan - 40:20: 20:20) +sabji + dal / pulses / kadhi + curd +	2-3 roti (wheat : rajgira : oats : besan - 40:20: 20:20) +sabji + dal / pulses / kadhi + curd + salad	2-3 roti (wheat : rajgira : oats : besan - 40:20: 20:20) +sabji + dal / pulses / kadhi + curd + salad
Snack (5:00 pm) can have makhaana / murmura / khakhara	Coffee / tea + roasted makhaana	Coffee /tea + fist full jowar puffs / jowar dhaani	Coffee /tea + fist full jowar puffs / jowar dhaani	Coffee /tea + fist full jowar puffs / jowar dhaani	jowar puffs / jowar	Coffee /tea + fist full jowar puffs / jowar dhaani	Coffee /tea + fist full jowar puffs / jowar dhaani
mid eve snack (7:30 pm if diner delayed)	fistfull unsalted peanut	roasted mix that u made - 1 fist full	_ · · · · · · · · · · · · · · · · · · ·	roasted mix that u made - fist full again	······	roasted mix that u made - fist full again	fist full roasted moong / channa jor garam
Dinner (8:00 - 9:00 pm)	saute paneer 150-200 gms	coleslaw sandwich - 2 slice of wheat bread	besan chilla 2-3 + curd	mix veg beans pulav 12 tbsp + curd + soup		mix veg khichdi 12-15 tbsp + curd	saute sprouts salad 12- 15 tbsp + veg soup + curd
Post Dinner - before sleep	plain milk	milk with proteinex	milk with proteinex	milk with proteinex	milk with proteinex	milk with proteinex	milk with proteinex