

Diet Plan 1.xlsx								
		<b>Morning</b>	<b>Early Morning</b>	<b>Mid Morning</b>	<b>Pre-Lunch</b>	<b>Lunch</b>	<b>Evening Snack</b>	<b>Dinner</b>
<b>Time</b>	06:00	6.30am	8.30am	10:00	1.30pm	2.00pm	4.00pm	7.30pm
<b>Wednesday</b>	Wake & have warm water	Have ajwain jeera water (soak 1tsp ajwain, 1tsp jeera & 1tsp sauf in 1 glass of water overnight. In a pot pour soaked ajs & add half glass water while boiling. Boil for 5mins & strain & drink when its luke warm. Use can roast them & have it post lunch.	Have Giloy tea - In 1 glass of water add half tsp of ashwagandga power & boil for 5 mins and drink warm.	4 soaked almond 1 walnut /4 pc orange Ambli with boiled sprouts.	2 tablepoon apple cider vinegar in a glass of water.	Bowl of salad 2 Little millet roti or ambli 1 bowl Sabji 1 bowl dal glass of chaas can have one mango	Lemon ginger tea	Millet Pulav
<b>Thursday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut / 4pc apple Ambli with boiled veggies	Same as above	Bowl of salad 2 Little millet roti or ambli Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Lemon millet
<b>Friday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut /4pc jamun Ambli with boiled veggies	Same as above	Bowl of salad 2 Kodo millet roti or ambli 1 bowl Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Beetroot pulav
<b>Saturday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut /4pc licthi Ambli with boiled veggies	Same as above	Bowl of salad 2 Kodo millet roti or ambli 1 bowl Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Corn & Spinach Pulav

<b>Sunday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut / 4 cut pc papaya Ambli with boiled veggies	Same as above	Bowl of salad 2 Kodo millet roti or ambli 1 bowl Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Millet Biryani
<b>Monday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut /4 cut pc watermelon Ambli with boiled veggies	Same as above	Bowl of salad 2 Barnyard millet roti Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Vegetable Millets Khichdi
<b>Tuesday</b>	Same as above	Same as above	Same as above	4 soaked almond 1 walnut /4 cut pc muskmelon Ambli with boiled veggies	Same as above	Bowl of salad 2 Foxtail millet roti or ambli 1 bowl Sabji 1 bowl dal glass of chaas can have one mango	Same as above	Vegetable Millet Pulav