

week 11							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MealName / Days	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Early morning (6:45-7:00 am) followed by floor exercises</b>	warm water	warm water	warm water	warm water	warm water	warm water	warm water
<b>8:00 - 9:00 am</b>	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)	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)
<b>Break Fast (11:00 ) along with tea</b>	chia pudding with banana - 1 bowl	moong sprouts chaat 12 tbsp	besan chilla - 2 med	saute paneer salad - 150-200 gms paneer	black channa chaat - 12 tbsp	quinoa salad 12 tbsp	paneer sandwich - 2 slice of bread
<b>Lunch (1:30 -2:00 pm)</b>	saute paneer + saute boiled potatoes with sesame and chilli - 150 - 200 gms total + curd	paneer pulav 12 tbsp + mix veg raita	moong + regular roti 2-3 + curd + salad / veg soup	Sama rice peanut pulav 12 tbsp + peanut curry	paneer bhurji + 2-3 regular roti + curd + salad	beans pulav (with boiled rice) 12 tbsp + veg lauki raita	2-3 roti + kadhi + dry moong sabji + salad
<b>eve snack (5:00 pm) (can have roasted snack fistful for a change)</b>	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)	fruit smoothie with collagen supplement + soaked dryfruits ( 4 almonds + 2 walnuts + 1 anjeer)
<b>Dinner (7:00-7:30 pm)</b>	quinoa veg salad 12 tbsp	moong dal idli 2-3 + chutney and curd	vermecili upma 12 tbsp	oats porraidge 12 tbsp with rasins / anjeer as sweetner	suji sprouts upms 12 tbsp + curd	saute paneer salad + tomato and palak soup	lobia chaat 12 tbsp + tomato soup
<b>recipes</b>							
<b>Chia pudding</b>	Add 2 tablespoons of chia seeds to a glass or jar. Add ¾ cup light coconut milk or almond milk or liquid of your choice. For a less thick pudding, add 1 to 1.25 cups milk. Sweeten adding honey. Sprinkle with 2 pinches of ground cardamom or ground cinnamon. You can even flavor with ½ teaspoon vanilla extract. mix everything well and refrigerate it for 2-3 hours. Top chia pudding with your desired toppings like chopped fruits and nuts, then serve.						