

week 12						
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MealName / Days	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early morning (6:45-7:00 am) followed by floor exercises	warm water	warm water	warm water	warm water	warm water	warm water
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)	workout (consume about 800 ml to 1 lit water during workout)	workout (consume about 800 ml to 1 lit water during workout)
Break Fast (11:00 am) skip tea	besan chilla - 2 med + milk	milk oats porraidge (add cinnamon, raisins, elaichi and apple as a fruit to it) - 12 tbsp - can skip taking milk separately	makaana chaat 12 tbsp	sprouts and oats chilla - 2 med + milk/curd	suji veg upma - 12 tbsp + milk	besan bread - 2 slice whole wheat bread + milk
Lunch (1:30 -2:00 pm)	jowar roti - 2 - med + mix veg sabji + dal + curd	jowar roti 2 - med + lauki channa dal sabji + cucumber mint raita	rajgira roti - 2 medium + carrot beans sabji + peanut curry + curd	black channa curry + jowar roti - 2 med + green veg if needed + curd	paneer paratha with not more than 5 - 10 ml ghee - 2 med + mix veg raita	2 jowar roti + steamed lauki kofta curry + curd
eve snack (5:00 pm) (can have roasted snack fistful for a change)	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 + 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)
Dinner (7:00-7:30 pm)	paneer tikka - 200 gms paneer +tomato soup	saute boiled moong with onion and tomato 12 tbsp + curd	podina sesame masala roti without salt (wheat and oats mixed flour) - 2 med + cucumber raita	durum wheat red gravy pasta 12 tbsp + mix veg soup	sprouts chilla - 2 - medium + curd	coleslaw sandwich - 2 slice of whole wheat bread