

Week 58

MealName / Days	7/26/2023	7/27/2023	7/28/2023	7/29/2023	7/30/2023	7/31/2023	8/1/2023
Early Morning - 06:00 AM	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea	Warm water / black coffee/Black tea
Lunch - 12:00 PM	1-2 jowar roti + dal + sabji + salad + buttermilk / curd	boiled brown rice 8 tbsp + dal + sabji + curd + salad	dudhi muthia 1 medium bowl + curd/kadhi + salad	boiled brown rice 8 tbsp + dal + sabji + curd + salad	1-2 jowar roti + dal + sabji + salad + buttermilk / curd	boiled brown rice 8 tbsp + dal + sabji + curd + salad	1-2 jowar roti + dal + sabji + salad + buttermilk / curd
Evening - 02:30 PM	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits	Fruit from allowed list + Soaked dry fruits
Late Evening - 05:00 PM	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water	fist full makhaana / mumra / half khakhara + fistfull peanut / channa/sprouts/ vitazia protein bar 1 or dal water
Dinner - 07:30 PM	Apple cinnamon smoothie	Daliya vegetables moong dal khichadi 8 tbsp + curd	Jowar besan methi chilla 1 + curd + green chutney	Oats almond milk smoothie	Black chana 8 tbsp + curd/Lemon coriander soup	lentil soup + 1 garlic toast - use whole wheat bread	Quinoa veggie tikki 3-4 medium piece + curd + green chutney