week 9							
MealName / Days	26/7/23	27/7/23	28/7/23	29/7/23	30/7/23	31/7/23	1/8/23
Early Morning - 07:30 AM	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2	Dry fruits laddu made of jaggery 1-2
BreakFast - 08: 00 AM	chickpea salad 12-15 tbsp + milk with enduramass.	Dal paratha 2 (stuffed with 1 cube of amul cheese) + Milk with enduramass.	Sprouts sooji chilla 2-3 + milk with enduramass.	paneer sandwich - 2 slice of whole wheat bread (stuffed with 1 cube of amul cheese) + milk with enduramass.	Vermicelli soya nuggets upma 15-18 tbsp + Milk with enduramass.	mix dal chilla 3 + milk with enduramass.	Dal paratha 2 (stuffed with 1 cube of amul cheese) + Milk with enduramass.
Mid Morning - 10:30 AM	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit	Fruit shake with enduramass ( if not taking enduramass in breakfast) or Fruit
Lunch - 01:00 PM	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud	3-4 roti + sabji + dal + curd/buttermilk + 5 Gms jaggery with gud
Evening - 04:00 PM	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1- 2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea	2 Fistfull Makhana / makhana laddu 1-2 small size / ragi laddu 1-2 small size + Tea
Late Evening - 06:30 PM	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)	Chana + jaggery ( 5 grams)
Dinner - 08:00 PM	Bajra khichadi 15-18 tbsp + curd/kadhi	Oat quinoa chilla 2-3 + curd + green chutney	mix dal dhokla 7-8 medium piece + curd + green chutney	Dal dhokli 1.5-2 medium bowl + curd	rice 12-15 tbsp + Rajma + curd/buttermilk + 5 Gms jaggery with gud	bhakri 2-3 + gatte ki sabji + curd	idli 3-4 + sambhar + 2 tbsp coconut chutney
Post Dinner - 10:00 PM	Milk with proteinex	Milk with proteinex	Milk with proteinex	Milk with proteinex	Milk with proteinex	Milk with proteinex	Milk with proteinex