

day	early morning	lunch	snack		eve snack	dinner
	7:00	12:00	2:30	4:00	5:00	7:30
07/26/2023	Tea (optional)	lauki masala roti 1-2 + moong sabji + vegetables raita	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	brown rice pulao 8 tbsp + curd
07/27/2023	Tea (optional)	Dal + sabji + 1-2 roti + curd + vegetables soup	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	Oats chilla 1 + curd + green chutney
07/28/2023	Tea (optional)	dal fry + jeera rice 8 tbsp + sabji + vegetables soup + curd/buttermilk	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	vermicelli upma 8 tbsp + curd
07/29/2023	Tea (optional)	dal + sabji + 1-2 roti + curd/buttermilk + vegetables soup	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	paneer salad (80gms of paneer) + lemon coriander soup
07/30/2023	Tea (optional)	moong dal khichadi 8 tbsp + sabji + vegetables Raita	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	bhaji (oil not more than 5- 7.5ml) + 1 whole wheat bread
07/31/2023	Tea (optional)	dal + sabji + 1-2 roti + curd/buttermilk + vegetables soup	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	moong chat 8 tbsp + curd
08/01/2023	Tea (optional)	dal + rice 8 tbsp + sabji + vegetables Raita	fruit smoothie /ABC JUICE	Tea	makhana and dry fruits laddu 1-2 small	sprouts appam 3-4 medium piece + curd + green chutney