		wee	k 9 diet plan				
MealName / Days	tuesday	wednesday	thursday	friday	saturday	sunday	
Meanname / Days	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Early morning (5:15 - 5:30)	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	soaked methi seeds 1/2 tsp + seeds water with cinamon and ginger	
5:30 - 6:00 am	current yoga workout + thyroid yoga as per the link shared	current yoga workout + thyroid yoga as per the link shared	current yoga workout + thyroid yoga as per the link shared	current yoga workout + thyroid yoga as per the link shared	current yoga workout + thyroid yoga as per the link shared	current yoga workout + thyroid yoga as per the link shared	
7:00-7:30	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	
Break Fast (8:30 - 8:45 am max) have zincovit and omega supplement	besan chilla -1 med + milk	milk oats porraidge (add cinnamon, raisins, elaichi and apple as a fruit to it) - 8 tbsp - can skip taking milk separately	quinoa veg salad 8 tbsp + milk	sprouts and oats chilla - 1 med + milk/curd	suji veg upma - 8 tbsp + milk	besan bread - 1 slice whole wheat bread + milk	
walk for 15 min followed by a	15-20 min power	15-20 min power	15-20 min power	15-20 min power	15-20 min power	15-20 min power	
power nap	nap recommended	nap recommended	nap recommended	nap recommended	nap recommended	nap recommended	
	NO	TE : have tea around	10:30 am if needed	(try to avoid)			
Mid Morning (11:15 - 11:30 am max) roasted sunflower and sesame seeds 1 tbsp each	coconut water / lemon water + fruit + roasted seeds	ABC (apple beet and carrot) Juice + roasted seeds	coconut water / lemon water + fruit + roasted seeds	ABC (apple beet and carrot) Juice + roasted seeds	coconut water / lemon water + fruit + roasted seeds	ABC (apple beet and carrot) Juice + roasted seeds	
Lunch - (1:45-2:00 pm max) kapoori paan - 1 followed by 15 min walk	jowar roti - 1- med + mix veg sabji + dal + curd	jowar roti 1- med + lauki channa dal sabji + cucumber mint raita	rajgira roti - 1 medium + carrot beans sabji + dal + curd	black channa curry + jowar roti - 1 med + green veg if needed + curd	paneer paratha with not more than 5 ml ghee - 1 med + mix veg raita	1 jowar roti + steamed lauki kofta curry + curd	
power nap	30 min power nap recommended	30 min power nap recommended	30 min power nap recommended	30 min power nap recommended	30 min power nap recommended	30 min power nap recommended	
Snack (4:30 -5:00 pm) can have makhaana / murmura / khakhara	Coffee + fist full jowar puffs / jowar dhaani	Coffee + fist full jowar puffs / jowar dhaani	Coffee + fist full jowar puffs / jowar dhaani	Coffee + fist full jowar puffs / jowar dhaani	Coffee + fist full jowar puffs / jowar dhaani	Coffee + fist full jowar puffs / jowar dhaani	
6:00 - 6:30 pm walk at a stretch if possible	6:30 pm collagen supplement	6:30 pm collagen supplement	6:30 pm collagen supplement	6:30 pm collagen supplement	6:30 pm collagen supplement	6:30 pm collagen supplement	

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	paneer tikka - 100 - 150 gms paneer +tomato soup	saute boiled moong with onion and tomato 8-10 tbsp + curd	pudina sesame masala roti (wheat and oats mixed flour) - 1 med + cucumber raita	durum wheat red gravy pasta 8 tbsp + mix veg soup	sprouts chilla - 1- medium + curd	coleslaw sandwich - 1 slice of whole wheat bread			
Post Dinner - before sleep (10: 00 - 10:30)	milk with turmeric	milk with turmeric	milk with turmeric	milk with turmeric	milk with turmeric	milk with turmeric			