

week 1 diet plan						
MealName / Days	tuesday	wednesday	thursday	friday	saturday	sunday
	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early morning 6:00-6:30 am	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts	soaked seeds water with cinamon and ginger + soaked almond - 4 + 1 anjeer + 2-3 prunes + 2 walnuts
6:30 - 7:30 am	brisk walk	brisk walk	brisk walk	brisk walk	brisk walk	brisk walk
Break Fast (8:00 -8:45 am max) B12 supplement and D3 once a week + shell calcium tablet - 1	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	quinoa veg salad 12 tbsp + milk	sprouts and oats chilla - 2 med + milk/curd	suji veg upma - 12 tbsp + milk	besan bread - 2 slice whole wheat bread + milk
Mid Morning (11:15 - 11:30 am max) roasted sunflower and sesame seeds 1 tbsp each	coconut water / lemon water green tea + fruit + roasted seeds	coconut water / lemon water green tea + fruit + roasted seeds	coconut water / lemon water green tea + fruit + roasted seeds	coconut water / lemon water green tea + fruit + roasted seeds	coconut water / lemon water green tea + fruit + roasted seeds	coconut water / lemon water green tea + fruit + roasted seeds
Lunch - (1:45-2:00 pm max) kapoori paan - 1 followed by 15 min walk	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 + dal + curd	black channa curry + jowar roti - 2 med + green veg if needed + curd	paneer paratha with not more than 10 ml ghee - 2 med + mix veg raita	2 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)	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn	tea + fist full jowar puffs / jowar dhaani / makhaana / murmura / pop corn
Dinner (8:00-8:30 pm)	paneer tikka - 200 gms paneer +tomato soup	saute boiled moong with onion and tomato 12 tbsp + curd	pudina sesame masala roti (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
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
Note : add unienzyme tablet post lunch if you feel bloated or heavy						