

day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:00	8:00	10:30	1:00	4:00	5:30	8:30	10:00
07/27/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Potato salad roasted 150-200g + curd/milk	Green tea/coconut water/lemon water + fruit	2-3 roti (use ragi or jowar flour)+ Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana	Fistful peanuts	Sauteed Paneer salad (use 150 g low fat paneer)	Green Tea
07/28/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Cherry smoothie-1 glass (250ml)	Green tea/coconut water/lemon water + fruit	Sprouts pulao 12 tbsp + curd/buttermilk + salad	Tea/coffee/green tea + makhana	Fistful peanuts	Kuttu chilla 2 + curd	Green Tea
07/29/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Moraiyo appam 4-5 medium size + milk/curd	Green tea/coconut water/lemon water + fruit	2-3 roti (use ragi or jowar flour)+ Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana	Fistful peanuts	Lauki upma 12 tbsp + curd	Green Tea
07/30/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Sabudana khichdi 12 tbsp + curd/milk	Green tea/coconut water/lemon water + fruit	Dal dhokli 1.5 medium bowl + curd/buttermilk + salad	Tea/coffee/green tea + makhana	Fistful peanuts	Blueberry smoothie -1 glass (250ml)	Green Tea
07/31/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Barnyard millet chilla-2 + curd/milk	Green tea/coconut water/lemon water + fruit	2-3 roti (use ragi or jowar flour)+ Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana	Fistful peanuts	Fruit bowl (150-200 g) + yoghurt	Green Tea
08/01/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Jamun smoothie -1 glass (250ml)	Green tea/coconut water/lemon water + fruit	Jowar moong dal khichdi 12 tbsp + curd/buttermilk + salad	Tea/coffee/green tea + makhana	Fistful peanuts	Sauteed Paneer salad (use 150 g low fat paneer)	Green Tea

08/02/2023	Soaked dry fruits + warm water with cinnamon, lemon and ginger	Arbi salad roasted 150-200g + curd/milk	Green tea/coconut water/lemon water + fruit	2-3 roti (use ragi or jowar flour)+ Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana	Fistful peanuts	Rajgira chilla 2 + curd	Green Tea
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