

day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:00	8:00	10:30	1:00	3:30	6:00	8:00	10:30
07/27/2023	Soaked dry fruits + warm water	Milk + Vegetable moong dal chilla-1 medium size	Green tea/coconut water/lemon water + fruit	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Vegetable kodri khichdi 8 tbsp + kadhi + sabji	Turmeric milk without sugar
07/28/2023	Soaked dry fruits + warm water	Milk + Rajmah chaat 8 tbsp	Green tea/coconut water/lemon water + fruit	Matar paratha 1-2 + green chutney + mix vegetable raita	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Suji dhokla 4-5 medium pieces + green chutney + sauted paneer (50g low fat paneer)	Turmeric milk without sugar
07/29/2023	Soaked dry fruits + warm water	Milk + Coleslaw sandwich-1 slices of whole wheat bread	Green tea/coconut water/lemon water + fruit	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Vermecilli soya nugget upma 8 tbsp + curd	Turmeric milk without sugar
07/30/2023	Soaked dry fruits + warm water	Milk + Vegetable uttapam-1 + green chutney	Green tea/coconut water/lemon water + fruit	Dal dhokli 1 medium bowl + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Paneer bhurji (100-120g low fat paneer) + 1 slices of whole wheat bread	Turmeric milk without sugar
07/31/2023	Soaked dry fruits + warm water	Milk + Oats porridge 8 tbsp + extra milk if needed	Green tea/coconut water/lemon water + fruit	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Masala khichdi 8 tbsp + kadhi + sabji	Turmeric milk without sugar

08/01/2023	Soaked dry fruits + warm water	Milk + Sprouts chaat 8 tbsp	Green tea/coconut water/lemon water + fruit	Rice 8 tbsp + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Besan khandvi 4-5 medium pieces + green chutney + vegetable soup	Turmeric milk without sugar
08/02/2023	Soaked dry fruits + warm water	Milk + Mix dal chilla-1	Green tea/coconut water/lemon water + fruit	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Oats veggie tikki 4-5 medium size + green chutney	Turmeric milk without sugar