

week 19								
day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:30	8:00	10:30	1:00	4:00	6:30	8:00	10:00
07/27/2023	Luke warm water + Soaked dry fruits	oats egg omelet 2 + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	2-3 jowar roti + dal + sabji + buttermilk + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	Moong dal soup + sauted vegetables	Warm water with cinnamon,ginger and lemon or chia seeds water
07/28/2023	Luke warm water + Soaked dry fruits	besan methi chilla 2 + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	rice 12tbsp + dal + sabji + buttermilk + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	kodari vegetables khichadi 12 tbsp + curd	Warm water with cinnamon,ginger and lemon or chia seeds water
07/29/2023	Luke warm water + Soaked dry fruits	2 egg omelet with 2 slice of whole wheat bread + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	2-3 jowar roti + dal + sabji + buttermilk + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	curd rice 12 tbsp	Warm water with cinnamon,ginger and lemon or chia seeds water
07/30/2023	Luke warm water + Soaked dry fruits	Ragi porridge in milk 12 tbsp + additional milk if needed	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	rice 12tbsp + dal + sabji + buttermilk + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	Paneer chilli dry (100 gms low fat paneer) + lemon coriander soup	Warm water with cinnamon,ginger and lemon or chia seeds water
07/31/2023	Luke warm water + Soaked dry fruits	2 egg omelet with 2 slice of whole wheat bread + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	idli 3-4 + mix vegetable raita + sambhar + green chutney	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	brown rice vegetables pulao 12 tbsp + curd	Warm water with cinnamon,ginger and lemon or chia seeds water
08/01/2023	Luke warm water + Soaked dry fruits	Sprouts poha 12 tbsp + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	2-3 jowar roti + dal + sabji + buttermilk + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	masala khichadi 12 tbsp + curd	Warm water with cinnamon,ginger and lemon or chia seeds water
08/02/2023	Luke warm water + Soaked dry fruits	oats egg omelet 2 + milk	Green tea/ Lemon water without sugar/coconut water + fruit from allowed list + brazil nuts 3nos and prunes 3-5nos	rice 12 tbsp + moong sabji + kadhi + salad	Green tea/tea/coffee + fistful makhana/mumra/nylon chivdo/fruit from allowed list	Fistful peanut/ chana/sauted sprouts/roasted soyabean/2 boiled eggs	oats upma 12 tbsp + curd	Warm water with cinnamon,ginger and lemon or chia seeds water