

day	early morning	breakfast	mid morning	lunch	snack	Evening	dinner	post dinner
	6:00	8:00	10:30	1:00	3:30	6:00	8:00	10:30
07/20/2023	Soaked dry fruits + soaked methi seeds	Moong dal chilla-2 + milk	Green tea/coconut water/lemon water + fruit	Quinoa moong dal khichdi 12 tbsp + vegetable raita	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Sauteed tofu (use 100-150 g tofu) + tomato soup	Turmeric milk without sugar
07/21/2023	Soaked dry fruits + soaked methi seeds	Quinoa sprouts upma 12 tbsp + milk	Green tea/coconut water/lemon water + fruit	Rajmah chaat 12 tbsp + yoghurt	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Moong dal handvo 2 medium pieces + green chutney	Turmeric milk without sugar
07/22/2023	Soaked dry fruits + soaked methi seeds	Milk + boiled moong chaat 12 tbsp	Green tea/coconut water/lemon water + fruit	Coleslaw sandwich- 2 slices of whole wheat bread + yoghurt	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Besan chilla-2 + curd	Turmeric milk without sugar
07/23/2023	Soaked dry fruits + soaked methi seeds	Oats porridge 12 tbsp + extra milk if needed	Green tea/coconut water/lemon water + fruit	Daliya khichdi 12 tbsp + curd + salad	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Black chana kebab 4-5 medium size + green chutney	Turmeric milk without sugar
07/24/2023	Soaked dry fruits + soaked methi seeds	Masur bean chaat 12 tbsp + Milk	Green tea/coconut water/lemon water + fruit	Sprouts sandwich- 2 slices of whole wheat bread + yoghurt	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Moong dal idli 3-4 + sambhar + green chutney	Turmeric milk without sugar

07/25/2023	Soaked dry fruits + soaked methi seeds	Milk + vegetable Oats chilla-2 + green chutney	Green tea/coconut water/lemon water + fruit	Quinoa vegetable pulao 12 tbsp + curd/buttermilk + salad	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Mix dal appam 4-5 medium pieces + green chutney	Turmeric milk without sugar
07/26/2023	Soaked dry fruits + soaked methi seeds	Milk + Moong dal thalipeeth 2	Green tea/coconut water/lemon water + fruit	Vermechilli soya nugget upma 12 tbsp + curd	Tea/coffee/green tea + fistful makhana/mumra/nylon chivdo +	Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Spicy black bean soup + sauteed veggies	Turmeric milk without sugar