

week 9								
day	early morning	breakfast	mid morning	lunch	snack	late evening	dinner	post dinner
	6:00	8:00	10:30	1:00	4:00	6:00	8:00	10:00
07/27/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	vegetables vermicelli pancake 2 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	black chana chat 12tbsp + curd	Turmeric milk without sugar
07/28/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	Jowar idli 2 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	steamed dahi wada 3-4 small	Turmeric milk without sugar
07/29/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	vegetables poha 12 tbsp + Soaked dry fruits + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dosa 2-3 + green chutney + sambhar + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	mix dal chilla 2 + curd + green chutney	Turmeric milk without sugar
07/30/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	sprouts salad 12 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	besan patra 5-6 medium piece + lemon coriander soup	Turmeric milk without sugar
07/31/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	Vegetables paneer sandwich - 2 slice of whole wheat bread + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	oats veggie tikki 5-6 medium piece + curd + green chutney	Turmeric milk without sugar
08/01/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	Moong dal chilla 2 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dal + rice 12 tbsp + salad + curd/buttermilk	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	daliya vegetables moong dal khichadi 12 tbsp + curd	Turmeric milk without sugar
08/02/2023	Vegetables juice (bitter gourd,moringa stick and beetroot)/lauki mint juice/ ABC Juice (Apple beetroot carrot) + Soaked dry fruits	Oats vegetables upma 12 tbsp+ milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	2-3 gobhi paratha + curd/mint raita + salad	fist full of makhaana / mumra / khakhara / poha chevada	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Lobia chat 12 tbsp + tomato soup	Turmeric milk without sugar