

week 11										
day	early morning	breakfast	mid morning	lunch	Post lunch	snack	late evening	dinner	Post dinner	post dinner
	6:30	8:00	10:30	1:00		4:00	6:00	8:00		10:00
07/27/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	Black chana chat 8 tbsp + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 1	fist full of makhaana + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Moong dal soup + sauteed vegetables	soaked betel leaf - 1	milk without sugar
07/28/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	sprouts sooji chilla 1 + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 2	fist full of makhaana + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Apple cinnamon smoothie - 1 glass	soaked betel leaf - 1	Turmeric milk without sugar/chia seeds in milk / Chia seeds in water
07/29/2023	Normal water + Soaked dry fruits + soaked methi seeds - 1 tsp	fruit from allowed list (150-200gms) + milk (milk with elaichi or kesar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 1	fist full of makhaana + Tea/green tea/coffee (without sugar)	peanut - fistful	fruit from allowed list (150-200gms) + curd	soaked betel leaf - 1	milk without sugar/chia seeds in milk / Chia seeds in water
07/30/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	paneer sandwich - 1 slice of wheat bread + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + Bhaji + curd + salad	soaked betel leaf - 1	fist full of makhaana / jowar puff / half millet khakhara + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Lentil soup + sauteed vegetables	soaked betel leaf - 1	Turmeric milk without sugar/chia seeds in milk / Chia seeds in water
07/31/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	vermicelli sprouts upma 8 tbsp + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 1	fist full of makhaana / jowar puff / half millet khakhara + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Oats almond milk smoothie - 1 glass	soaked betel leaf - 1	Turmeric milk without sugar/chia seeds in milk / Chia seeds in water
08/01/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	quinoa upma 8 tbsp + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 1	fist full of makhaana / jowar puff / half millet khakhara + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Broccoli almond soup + sauteed vegetables	soaked betel leaf - 1	Turmeric milk without sugar/chia seeds in milk / Chia seeds in water
08/02/2023	Seed water + Soaked dry fruits + soaked methi seeds - 1 tsp	oats jowar chilla 1 + milk with elaichi or kesar (without sugar)	karela neem juice/ lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list (have blueberries)	dal + sabji + 1-2 roti (Multi- flour roti - besan 50% + 30% soya + 20% jowar) + curd + salad	soaked betel leaf - 1	fist full of makhaana / jowar puff / half millet khakhara + Tea/green tea/coffee (without sugar)	vitazia protein bar 1/ chana jor garam / peanut / channa - fistful	Apple cinnamon smoothie - 1 glass	soaked betel leaf - 1	Turmeric milk without sugar/chia seeds in milk / Chia seeds in water