

day	early morning	After workout	breakfast	mid morning	lunch	snack	Late Evening	Dinner	post dinner
	6:00		8:00	10:30	1:00	3:30	6:00	8:00	10:30
07/27/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + Suji vegetable upma 15-18 tbsp	Green tea/coconut water/lemon water +fruit	Curd vegetable rice 15-18 tbsp + sabji + curd	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Daliya khichdi 15-18 tbsp + sabji + curd/buttermilk	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
07/28/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + 2 egg omelette	Green tea/coconut water/lemon water +fruit	3-4 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Lentil soup + sauteed veggies	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
07/29/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + Mogar dal toast 2-3 slices of whole wheat bread	Green tea/coconut water/lemon water +fruit	Paneer pulao 15-18 tbsp + vegetable raita + salad	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Black chana kebab 4-5 medium size + green chutney	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
07/30/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + 2 egg omelette	Green tea/coconut water/lemon water +fruit	3-4 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Besan chilla 2-3 + green chutney/curd	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
07/31/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + Vegetable sprouts poha 15-18 tbsp	Green tea/coconut water/lemon water +fruit	Matar paratha 2-3 medium size + green chutney+ vegetable raita/curd	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Suji sprouts dhokla 5-6 medium pieces + green chutney	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
08/01/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + Mumra sprouts bhel 15-18 tbsp (take more of sprouts and less of mumra)	Green tea/coconut water/lemon water +fruit	3-4 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + 2 fistful makhana/mumra/nylon chivdo	2 Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Chilli Paneer (use 150-170 g low fat paneer) + lemon coriander soup	Turmeric milk with nutmeg added to it (add pinch of nutmeg)

08/02/2023	Seed water + Soaked dry fruits + soaked methi seeds	Sattu powder mixed in water (add 2-3 tbsp of sattu powder)	Milk + 2 egg omelette	Green tea/coconut water/lemon water +fruit	Dal + rice 15-18 tbsp + sabji + salad + curd/buttermilk	Tea/coffee/gree n tea + 2 fistful makhana/mumr a/nylon chivdo	2 Fistful chana/peanuts/r oasted moong jor/roasted soyabean/roast ed chana jor garam	Steamed lauki muthiya 1.5 bowl + curd	Turmeric milk with nutmeg added to it (add pinch of nutmeg)
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