

week 9							
day	early morning	breakfast	mid morning	lunch	snack	dinner	post dinner
	8:00	9:00	11:30	1:30	4:30	7:30	10:00
07/27/2023	Lauki juice + soaked dry fruits + methi seeds	Oats porridge in milk 12 tbsp + additional milk if needed	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	2-3 Jowar roti + sabji + curd/buttermilk + sprouts salad	Tea/coffee/green tea + Fist full of makhaana / mumra / half khakhara / poha chevada + Fistfull peanut/chana/sprouts/3 threptin biscuit/vitazia protein bar - 1	brown rice pulao 12 tbsp + curd	Turmeric milk without sugar
07/28/2023	Lauki juice + soaked dry fruits + methi seeds	Moong chat 12 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	dal + rice 12 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	besan vegetables pudala 2 + curd + green chutney	Turmeric milk without sugar
07/29/2023	Lauki juice + soaked dry fruits + methi seeds	Suji upma 12 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	2-3 Jowar roti + paneer sabji + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	masala khichadi 12 tbsp + curd/kadhi	Turmeric milk without sugar
07/30/2023	Lauki juice + soaked dry fruits + methi seeds	peanut butter bread - 2 slice of whole wheat bread + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	2-3 Jowar roti + sabji + curd/buttermilk + sprouts salad	fist full of makhaana / mumra / half khakhara / poha chevada	bhaji (oil not more than 5-7.5ml) + 2 whole wheat bread	Turmeric milk without sugar
07/31/2023	Lauki juice + soaked dry fruits + methi seeds	vegetables poha 12 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	2-3 Jowar roti + paneer sabji + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	black chana chat 12 tbsp + curd	Turmeric milk without sugar
08/01/2023	Lauki juice + soaked dry fruits + methi seeds	oats chilla 2 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	2-3 Jowar roti + sabji + curd/buttermilk + sprouts salad	fist full of makhaana / mumra / half khakhara / poha chevada	kodari moong dal khichadi 12 tbsp + curd	Turmeric milk without sugar

08/02/2023	Lauki juice + soaked dry fruits + methi seeds	peanut butter bread - 2 slice of whole wheat bread + milk	lemon water without sugar / coconut water / green tea / buttermilk + fruit from allowed list or Whey protein shake with fruit	dal + rice 12 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	sprouts appam 5-6 medium piece + curd + green chutney	Turmeric milk without sugar
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