

day	early morning	breakfast	mid morning	lunch	snack	late evening	dinner	post dinner
	7:00	8:00	10:30	1:00	3:30	6:00	8:00	10:30
Use ragi or jowar flour for roti preparation								
07/20/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Jowar chilla-1 + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	curd vegetable rice 12 tbsp + sabji + curd (if needed)	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Moong dal dhokla 4-5 medium pieces + green chutney	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)
07/21/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Oats besan idli 2-3 + curd + green chutney	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd/buttermilk + salad	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Drumstick soup + sauteed veggies	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)
07/22/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Moong dal thalipeeth -1 + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd/buttermilk + salad	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Oats veggie tikki 4-5 medium size + green chutney	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)
07/23/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Sprouts chaat 8 tbsp + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Mix vegetable paratha 2-3 (use millet flour) + green chutney + mix vegetable raita/curd	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Grilled Paneer 100-150 gm Paneer + Tomato palak soup	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)
07/24/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Masur bean chaat 8 tbsp + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd/buttermilk + salad	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Oats moong dal khichdi 12tbsp + curd + sabji	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)

07/25/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Vegetable poha 8 tbsp + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Moong + rice 12tbsp + curd/buttermilk + salad	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	kodri khichdi 12 tbsp + curd +sabji	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)
07/26/2023	Luke warm water with lemon cinnmaon and ginger + soaked dry fruits	Oats upma 8 tbsp + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 3-4 roti + curd/buttermilk + salad	fist full of makhaana / mumra / khakhara / poha chevada + coffee/green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Besan chilla-2 + curd	Chia seeds water (soak 1/2 tsp chia seeds in water for 20 minutes and then have it along with water)