

day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:30	8:00	10:30	1:00	4:00	6:00	8:00	10:30
07/27/2023	Seed water + soaked dry fruits	1 oats egg omelet + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Dal paratha 1-2 + mint raita + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Chicken soup (use 100-150 g chicken)	Turmeric milk without sugar
07/28/2023	Seed water + soaked dry fruits	Vegetable poha 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Moong sabzi + Rice 8 tbsp + buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Jamun smoothie-1 glass (250ml)	Turmeric milk without sugar
07/29/2023	Seed water + soaked dry fruits	Peanut butter sandwich- 1 slice of whole wheat bread + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Brocoli Almond soup 1 bowl	Turmeric milk without sugar
07/30/2023	Seed water + soaked dry fruits	1 oats egg omelet + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Chicken curry (use 100-150 g chicken) + rice 8 tbsp + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Apple cinnamon smoothie-1 glass (250ml)	Turmeric milk without sugar

07/31/2023	Seed water + soaked dry fruits	Besan chilla-1 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Lentil soup 1bowl	Turmeric milk without sugar
08/01/2023	Seed water + soaked dry fruits	Oats besan idli 2-3 + green chutney + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Quinoa oats moong dal khichdi 8 tbsp + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Papaya smoothie -1 glass (250ml)	Turmeric milk without sugar
08/02/2023	Seed water + soaked dry fruits	1 oats egg omelet + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list 1 tbsp Sesame seeds (roasted) + 1 tbsp sunflower seeds (roasted)	Dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Tomato palak soup	Turmeric milk without sugar