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
$\left  \right $	07/31/2023	truits	тшк	(roasted)	+ salad	cnevada		TDOWI	without sugar
				lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list					
					Quinoa oats	fist full of	fistful channa /		
		Seed water +	Oats besan idli	1 tbsp Sesame seeds (roasted) + 1 tbsp	moong dal khichdi 8 tbsp +	makhaana / mumra / half	peanut / sprouts / chana jor	Papaya	
	08/01/2023	soaked dry fruits	2-3 + green chutney + milk	sunflower seeds (roasted)	curd/buttermilk + salad	khakhara / poha chevada	garam	smoothie -1 glass (250ml)	Turmeric milk without sugar
				lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list		fist full of	fistful channa /		
				1 tbsp Sesame seeds	Dal + sabji + 1-	makhaana /	peanut / sprouts		
		Seed water +		(roasted) + 1 tbsp	2 roti +	mumra / half	/ chana jor		
	08/02/2023	soaked dry fruits	1 oats egg omelet + milk	sunflower seeds (roasted)	curd/buttermilk + salad	khakhara / poha chevada	garam	Tomato palak soup	Turmeric milk without sugar
L	00/02/2023	iruita			' Salau			soup	without sugar