

week 8								
day	early morning	breakfast	mid morning	lunch	snack	late evening	dinner	post dinner
	5:00	7:00	9:00	12:30	3:30	6:00	8:00	10:00
07/27/2023	Luke warm water + Tea	overnight soaked oatmeal 8 tbsp	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	Dal + sabji + 1-2 roti + curd + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	kodari vegetables khichadi 8 tbsp + curd	Chia seeds water
07/28/2023	Luke warm water + Tea	herbed paneer dip + 1 slice of whole wheat bread	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	Dal + sabji + 1-2 roti + curd + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	fudina chicken tikka 3-4 medium piece (100-150gms) + Mix vegetables soup	Chia seeds water
07/29/2023	Luke warm water + Tea	vegetables besan chilla 1	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	dosa 1 + green chutney + sambhar + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	lobia chat 8 tbsp + mix vegetables soup	Chia seeds water
07/30/2023	Luke warm water + Tea	Oats egg omelet 1	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	dal + sabji + 1-2 roti + curd/buttermilk + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	moong dal handwa 1 medium piece + green chutney + curd	Chia seeds water
07/31/2023	Luke warm water + Tea	hummus dip + 1 slice of whole wheat bread + soy milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	dal + sabji + 1-2 roti + curd/buttermilk + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Grilled Fish (100-150gms) + Tomato soup	Chia seeds water
08/01/2023	Luke warm water + Tea	overnight soaked oatmeal 8 tbsp + soy milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	Chicken biryani (100-150gms of chicken) + rice 8 tbsp + salad + curd/buttermilk	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	moong dal chilla 1 + curd + green chutney	Chia seeds water

08/02/2023	Luke warm water + Tea	Oats egg omelet 1	lemon water without sugar / coconut water / green tea / buttermilk + fruit from allowed list + Soaked dry fruits - 4 Almonds + 4 half walnut + 1 Fig	1-2 Matar paratha (oil not more than 5-7.5ml) + curd/mint raita + salad	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Grilled Chicken (100-150gms) + Tomato soup	Chia seeds water
------------	-----------------------	-------------------	--	--	---	---	--	------------------