

week 12				
day	lunch	snack	eve snack	dinner
	12:30	3:30	5:30	8:30
07/27/2023	3-4 roti + Dal + sabji + salad + curd/buttermilk	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	bhaji pav - whole wheat bread (bhaji - oil not more than 5-7.5ml)
07/28/2023	3-4 roti + Dal + sabji + salad + curd/buttermilk	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	besan methi chilla 2 + curd + green chutney
07/29/2023	vegetable paneer paratha 2 + vegetable raita + salad	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	Daliya vegetables moong dal khichadi 12-15 tbsp + curd/kadhi
07/30/2023	idli 3-4 medium piece + green chutney + sambhar + salad	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	Paneer chilli dry (have 150-170 g paneer) + lemon coriander soup
07/31/2023	3-4 roti + Dal + sabji + salad + curd/buttermilk	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	lobia chat 12 tbsp + tomato soup
08/01/2023	Rice 12 tbsp + Dal + sabji + salad + curd/buttermilk	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	Oats Quinoa vegetable khichdi 12 tbsp + curd/buttermilk + salad

08/02/2023	3-4 roti + Dal + sabji + salad + curd/buttermilk	soaked dry fruits + fruit from allowed list (You can have tea after 20-25 minutes of 3:30 PM snack)	fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam + Tea/coffee/green tea	moong dal handwa 2 medium piece + curd + green chutney