

week 16								
day	early morning	breakfast	mid morning	lunch	snack	late evening	dinner	post dinner
	6:30	8:00	10:30	1:00	4:00	6:00	8:00	10:30
07/27/2023	Luke warm seed water + Soaked dry fruits	Oats Veggie Pancake - 1 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 1-2 roti + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	black chana kebab 3-4 medium size + green chutney + vegetable soup	Turmeric milk without sugar
07/28/2023	Luke warm seed water + Soaked dry fruits	Rajma salad 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + sabji + 1-2 roti + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Jowar moong dal khichdi 8tbsp + curd/buttermilk + sabji	Turmeric milk without sugar
07/29/2023	Luke warm seed water + Soaked dry fruits	peanut butter - 1 slice of wheat bread + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dal fry + jeera rice 8 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Ragi chilla 1 + curd + green chutney	Turmeric milk without sugar
07/30/2023	Luke warm seed water + Soaked dry fruits	Oats porridge 8 tbsp + extra milk if needed	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Lobia chaat 8tbsp + curd	Turmeric milk without sugar
07/31/2023	Luke warm seed water + Soaked dry fruits	vegetables poha 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	paneer bhurji (80-100gms of paneer) + 1 whole wheat bread	Turmeric milk without sugar
08/01/2023	Luke warm seed water + Soaked dry fruits	mix dal chilla 1 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal paratha 1-2 + curd/mint raita + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	oats quinoa khichadi 8 tbsp + curd	Turmeric milk without sugar
08/02/2023	Luke warm seed water + Soaked dry fruits	suji upma 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada	peanut / channa - fistful or 2 threptin biscuit	Vegetable appam 4-5 medium piece + green chutney + curd	Turmeric milk without sugar