

day	early morning	breakfast	mid morning	lunch	snack	eve snack	dinner	post dinner
	6:00	8:00	10:30	1:00	3:30	6:00	8:00	10:00
07/20/2023	Seed water + Tea	Oats porridge 8 tbsp + Soaked dry fruits + extra milk if needed	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	1-2 roti + dal + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	quinoa moong dal soup + sauteed veggies	Turmeric milk without sugar
07/21/2023	Seed water + Tea	Beetroot carrot sandwich + 1 slice of whole wheat bread + soaked dry fruits + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	1-2 roti + dal + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Sauteed Paneer (use 100-120 g paneer) + Lemon coriander soup	Turmeric milk without sugar
07/22/2023	Seed water + Tea	Vegetable poha 8 tbsp + milk + soaked dry fruits	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + rice 8 tbsp + salad + sabji + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Masala oats 8 tbsp + curd	Turmeric milk without sugar
07/23/2023	Seed water + Tea	Paneer sandwich-1 slice of whole wheat bread + Soaked dry fruits + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	1-2 roti + dal + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Black chana chaat 8 tbsp + curd	Turmeric milk without sugar
07/24/2023	Seed water + Tea	Hummus + 1 slice of whole wheat bread + Soaked dry fruits + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	1-2 roti + dal + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Jowar moong dal khichdi 8 tbsp + curd/buttermilk + salad	Turmeric milk without sugar

07/25/2023	Seed water + Tea	Ragi porridge 8 tbsp + Soaked dry fruits + extra milk if needed	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	Dal + rice 8 tbsp + salad + sabji + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Sprouts chaat 8 tbsp + curd	Turmeric milk without sugar
07/26/2023	Seed water + Tea	Masur bean chaat 8 tbsp+ Soaked dry fruits + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list	1-2 roti + dal + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Suji dhokla 4-5 medium size + green chutney	Turmeric milk without sugar