

day	early morning	mid morning	lunch	Evening	Dinner
	8:00	12:00	2:00	4:30	7:30
07/27/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Besan chilla-1 + curd
07/28/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	Dal + rice 8 tbsp + salad +curd/buttermilk + sabji	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Oats upma 8 tbsp + curd
07/29/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Mix dal appam 3-4 medium pieces + green chutney
07/30/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	1-2 roti + Dal + sabji + salad + curd/buttermilk	Green tea + makhana + Fistful peanuts	Sauted paneer salad (100-120g low fat paneer)
07/31/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	Dal dhokli 1 medium bowl + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Masala khichdi 8 tbsp + kadhi + sabji
08/01/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut water + fruit + soaked dry fruits	1-2 roti + Dal + sabji + salad + curd/buttermilk	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Lentil soup + sauted veggies

08/02/2023	Black coffee/ Black tea/ Green tea	Green tea/lemon water/coconut wate + fruit + soaked dry fruits	Panner paratha 1-2 + vegetable raita	Tea/coffee/green tea + makhana/mumra/nylon chivdo + Fistful chana/peanuts/roasted moong jor/roasted soyabean/roasted chana jor garam	Moong dal idli 2-3 + sambhar + green chutney
------------	--	---	--	---	--