Week 5							
MealName / Days	07/28/2023	07/29/2023	07/30/2023	07/31/2023	08/01/2023	08/02/2023	08/03/2023
Early Morning - 06:00 AM	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits	Warm Seed water + soaked Dry fruits
BreakFast - 08: 00 AM	coleslaw sandwich - 1 slice of wheat bread + yogurt	coleslaw sandwich - 1 slice of wheat bread + yogurt	Milk + Besan chilla 1	Milk + Besan chilla 1	sprouts salad 8 tbsp + milk	sprouts salad 8 tbsp + milk	Vegetables poha 8 tbsp + milk
Mid Morning - 10:30 AM	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit	green tea / coconut water / lemon water without sugar + fruit
Lunch - 01:00 PM	brown rice paneer pulao 8 tbsp + curd/mint raita + salad	brown rice paneer pulao 8 tbsp + curd/mint raita + salad	methi thepla 1-2 + curd/vegetables raita	methi thepla 1-2 + curd/vegetables raita	rice 8 tbsp + sabji + dal + curd/mint raita	rice 8 tbsp + sabji + dal + curd/mint raita	roti 1-2 + sabji + dal + curd/mint raita
Evening - 03:30 PM	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara	tea / coffee / green tea + fist full makhaana / mumra / half khakhara
Late Evening - 06:00 PM	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa	fist full peanut / channa /sprouts/boiled channa
Dinner - 08:00 PM	vermicelli vegetables upma 8 tbsp + curd	vermicelli vegetables upma 8 tbsp + curd	broccoli almond soup + sauted vegies	broccoli almond soup + sauted vegies	Paneer bhurji (80- 100gms of paneer) + 1 whole wheat bread	Paneer bhurji (80- 100gms of paneer) + 1 whole wheat bread	Moong chat 8 tbsp + tomato soup
Post Dinner - 10:00 PM	Turmeric milk without sugar						