

week 20							
MealName / Days	28/7/23	29/7/23	30/7/23	31/7/23	1/8/23	2/8/23	3/8/23
Early Morning - 06:45 AM	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds	Luke warm water with cinammon and ginger and lemon + Soaked Dry fruits + Soaked methi seeds
BreakFast - 08:15 AM	Milk + besan chilla 2	oats porridge in milk 12 tbsp + additional milk if needed	Moong chat 12 tbsp + milk	Milk + mix dal chilla 2	oats porridge in milk 12 tbsp + additional milk if needed	Milk + besan chilla 2	Quinoa upma 12 tbsp + Milk
Mid Morning - 10:30 AM	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list	Green tea /Coconut water / lemon water + fruit from the allowed list
Lunch - 01:00 PM	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk	jowar roti 3-4 + sabji + dal + salad+ curd/buttermilk
Evening - 04:00 PM	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee	fist full makhaana / mumra / half khakhra + green tea / tea / coffee
Dinner - 06:30 PM	paneer salad 100-150gms of paneer + curd	Oats besan idli 2-3 + curd	steamed dahi wada 3-4 medium piece	brown rice masur bean pulao 12-15 tbsp + curd or soup	masala khichadi 12tbsp + curd	mix dal dhokla 6-7 medium piece + curd	Oats quinoa chilla 2 + curd