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 - 07:00 AM	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea
8:00 AM	Warm water with cinnamon powder and ganthoda						
BreakFast - 10: 00 AM	Milk + besan chilla 1	oats porridge in milk 8 tbsp + additional milk if needed	Moong chat 8 tbsp + milk	Milk + mix dal chilla	oats porridge in milk 8 tbsp + additional milk if needed	Milk + besan chilla 1	Quinoa upma 8 tbsp + Milk
Lunch - 12:30 PM	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk	jowar roti 1-2 + sabji + dal + salad+ curd/buttermilk
Evening - 03:30 PM	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits	fruit from allowed list + fist full peanut / channa /boiled channa/2-3 threptin biscuits
Dinner - 06:00 PM	paneer salad 80- 100gms of paneer + curd	Oats besan idli 1-2 + curd	steamed dahi wada 2- 3 medium piece	brown rice masur bean pulao 8 tbsp + curd or soup	masala khichadi 8tbsp + curd	mix dal dhokla 4-5 medium piece + curd	Oats quinoa chilla 1 + curd
Post Dinner - 9: 00 PM	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea	Black coffee/black tea