week 12							
day	early morning	breakfast	mid morning	lunch	snack	dinner	post dinner
	5:30	8:00	10:30	1:00	4:00	7:00	9:30
07/28/2023	Luke warm water + soaked methi seeds + Soaked dry fruits	vegetables uttapam 2 + milk	lemon water without sugar / coconut water / gren tea + fruit from allowed list	Dal + sabji + 2-3 jowar roti + curd + salad	Tea/coffee/ Green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam	Paneer chilli dry -100 gm paneer + lemon coriander soup	Turmeric milk without sugar
07/29/2023	Luke warm water + soaked methi seeds + Soaked dry fruits	Sprouts upma 12 tbsp+ milk	lemon water without sugar / coconut water / gren tea + fruit from allowed list	dal + sabji + rice 12tbsp + curd/buttermilk + salad	Tea/coffee/ Green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam	lentil soup + 2 garlic toast - use whole wheat bread	Turmeric milk without sugar
07/30/2023	Luke warm water + soaked methi seeds + Soaked dry fruits	ragi porridge in almond milk 12 tbsp + additional almond milk if needed	lemon water without sugar / coconut water / gren tea + fruit from allowed list	Dal + sabji + 2-3 jowar roti + curd + salad	Tea/coffee/ Green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam	oats besan chilla-2 + green chutney + curd	Turmeric milk without sugar
07/31/2023	Luke warm water + soaked methi seeds + Soaked dry fruits	moong dal chilla 2 + milk	lemon water without sugar / coconut water / gren tea + fruit from allowed list	brown rice paneer pulao 12 tbsp + salad + curd/mint raita	Tea/coffee/ Green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam	Masala khichadi 12 tbsp + curd/kadhi	Turmeric milk without sugar
08/01/2023	Luke warm water + soaked methi seeds + Soaked dry fruits	Vegetable poha 12 tbsp + milk	lemon water without sugar / coconut water / gren tea + fruit from allowed list	Dal + sabji + 2-3 jowar roti + curd + salad	Tea/coffee/ Green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam	black chana chat 12 tbsp + carrot ginger soup	Turmeric milk without sugar