

week 21 (IF-5)					
MealName / Days	Early Morning - 06:00 AM	mid morning - 11:00AM	Lunch - 1:00 PM	Evening - 05:00 PM	Dinner - 07:15 PM
28/7/23	Black tea/black coffee	green tea + fruit from allowed list	fruits bowl (from allowed list -200-250gms) + curd	fist full makhaana + green tea / tea / coffee + fistfull peanut	oats quinoa chilla 1 + curd + green chutney
29/7/23	Black tea/black coffee	green tea + fruit from allowed list	1-2 roti (use jowar or ragi flour) + moong vegetables sabji + salad + buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	masala khichadi 8 tbsp + curd/kadhi
30/7/23	Black tea/black coffee	green tea + fruit from allowed list	1-2 roti (use jowar or ragi flour) + sabji + paneer salad (80gms of paneer)+ buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	vermicelli pancake 1 + curd + green chutney
31/7/23	Black tea/black coffee	green tea + fruit from allowed list	rice 8 tbsp + mogar dal + sabji + salad + buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	vegetables quinoa idli 1-2 + curd + green chutney
1/8/23	Black tea/black coffee	green tea + fruit from allowed list	1-2 roti (use jowar or ragi flour) + moong vegetables sabji + salad + buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	besan methi chilla 1 + green chutney + curd
2/8/23	Black tea/black coffee	green tea + fruit from allowed list	1-2 roti (use jowar or ragi flour) + sabji + panner salad (80gms of paneer) + buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	kodari moong dal vegetables khichadi 8 tbsp + curd

3/8/23	Black tea/black coffee	green tea + fruit from allowed list	rice 8 tbsp + mogar dal + sabji + salad + buttermilk / curd	fist full makhaana / mumra / khakhra + green tea / tea / coffee + fruit from allowed list + fistfull peanut/moong jor garam	paneer salad (80-100gms of paneer) + lemon coriander soup
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