

week 9								
day	early morning	breakfast	mid morning	lunch	snack	late evening	dinner	post dinner
	6:30	8:00	10:30	1:00	4:00	6:00	8:00	10:00
07/28/2023	Normal water + Soaked dry fruits	oats porridge in milk 8 tbsp + additional milk if needed	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	Dal + sabji + 1-2 roti + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	black chana chat 8tbsp + curd	Turmeric milk without sugar
07/29/2023	Normal water + Soaked dry fruits	vermicelli upma 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	Dal + sabji + 1-2 roti + curd + salad	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	steamed dahi wada 1-2 small	Turmeric milk without sugar
07/30/2023	Normal water + Soaked dry fruits	Quinoa idli 1-2 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	dal + rice 8 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	mix dal chilla 1 + curd + green chutney	Turmeric milk without sugar
07/31/2023	Normal water + Soaked dry fruits	kuttu chilla 1 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana + Tea/coffee/Green tea	peanut - fistful	Moraiya khichadi 8 tbsp + curd or tomato soup	milk without sugar
08/01/2023	Normal water + Soaked dry fruits	peanut butter sandwich - 1 slice of whole wheat bread + curd	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	dal + sabji + 1-2 roti + curd/buttermilk + salad	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	oats veggie tikki 3-4 medium piece + curd + green chutney	Turmeric milk without sugar
08/02/2023	Normal water + Soaked dry fruits	sprouts sooji chilla 1 + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	Matar paratha 1-2 + curd/mint raita + salad	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Broccoli almond soup + sauted vegetables	Turmeric milk without sugar
08/03/2023	Normal water + Soaked dry fruits	sprouts salad 8 tbsp + milk	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list/Fruit Smoothie	dal + rice 8 tbsp + sabji + salad + curd/buttermilk	fist full of makhaana / mumra / half khakhara / poha chevada + Tea/coffee/Green tea	vitazia protein bar 1/ peanut / channa - fistful or 2 threptin biscuit	Lobia chat 8 tbsp + tomato soup	Turmeric milk without sugar