

IF week 46 (Semi - detox)

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 - 06:00 AM	Luke warm water	Luke warm water	Luke warm water	Luke warm water	Luke warm water	Luke warm water	Luke warm water
BreakFast - 10:30 AM	Vegetables Moong chat 8 tbsp + milk	Oats quinoa chilla 1 + milk	Vegetables paneer sandwich - 1 slice of whole wheat bread + milk	quinoa pancake 1+ milk	mix dal dhokla 3-4 medium piece + milk	Sprouts suji oats upma 8tbsp + milk	moong dal idli 1-2 + milk
Lunch - 1:00 PM	1-2 Jowar/Ragi roti + Dal + sabji + salad+ curd/buttermilk	Black chana chaat 8 tbsp + yoghurt	1-2 Jowar/Ragi roti + Dal + sabji + salad+ curd/buttermilk	1-2 Jowar/Ragi roti + Dal + sabji + salad+ curd/buttermilk	Chickpeas spinach salad 8 tbsp + yoghurt	1-2 Jowar/Ragi roti + Dal + sabji + salad+ curd/buttermilk	Boiled rice 8 tbsp + dal + sabji + curd/buttermilk + salad
Evening - 04:00 PM	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis	ABC juice + soaked dry fruis
Late Evening - 06:00 PM	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits	fist full peanut / channa /sprouts/boiled channa/2-3 threptin biscuits
Dinner - 07:30 PM	Mixed berries smoothie-1 glass	curd/buttermilk/besan kadhi + Vegetable daliya khichdi 8 tbsp	Besan chilla-1 + curd + green chutney	Oats almond smoothie-1 glass	Tossed paneer salad (have 80-100g low fat paneer) + carrot ginger soup	Lobia chaat 8 tbsp + lemon coriander soup	Oats almond smoothie-1 glass