

Week one

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.00- 8.30PM	One Glass of water (room temperature) + lemon juice one spoon (optional)+Pinch of Dalchini powder/jeera powder		
8.30-9	5-6 Almond (soaked overnight, remove skin) + One Walnut+ 5-6 manuka one anjeer+ khaskhas roasted pinch of		
9-10.00	Poha 30gm 100-150 gm vegetable Poha + one egg boiled white	Two eggs (1full egg +1 whites) vegetable 100-150 gm omelette and one atta bread sandwich	Mot sprouts 30gm vegetable 100-150 gm Vegetable usal + one egg boiled
12.30am	Buttermilk 250ml + half spoon chia seeds (soaked in half Kotori water)		
1-1.30pm	Vegetable salads 100-150gm + one katori curd 50GM		
2.00-3pm	wheat roti (30gm), /Jawar roti (30gm), /Bajara roti 30gm / Ragi 30gm Dal 30gm + Sabji		
4-5pm	Fruit one 100gm One spoon of flax seeds and one spoon of saunf Mix seeds (pumpkin/watermelon /sunflower seeds) one spoon		
5pm	Green tea		
7- 7.30pm	Two roti Chicken 200gm vegetable 100-150 gm salad	Rice30gm Moong 60gm Vegetable 100-150gm khichadi	Two eggs and (1full egg +1 whites) + rice 50gm 100-150gm vegetable pulao
10.00	One cup of milk 100ml no sugar/no malai		