

WEEK ONE (29/8/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
9am	One glass of water + lemon juice one spoon +Pinch of dalchini powder		
9am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
11 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Two idli and chana dal + curd chuteny	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha Or black chana 40gm usal with vegetable
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	One Jawar /one Bajra /one Ragi/ twoWheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
8.00- 8.30	Dalia 30gm+ moong dal 30gm Vegetable 150+200gm <b>Make Dalia moong dal vegetable khichdi</b>	4 vegetable idli and sambhar	Roti 60gm Tuar dal 30gm palak tomatoes dal bhaji <b>Roti and dal bhaji</b>
10- 10.30	Milk 100ml turmeric(optional)		