

Week 1

9/9

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
At wake up	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
BEFORE exercise	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10.30 AM	Mot sprouts dal 50gm One bowl of Vegetable 100-150gm salad Vegetable usal	Poha 30gm Boiled chana 20gm Vegetable 100-150gm Vegetable poha	Rava 30gm Panner 20gm Vegetable salad 100-150gm vegetable rava upma
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
6.00- 7.30PM	Roti ONE Two Egg bhurji vegetable 150-160 gm	Dalia 50 gm Moong dal 30gm vegetable 150-160 gm Dalia khichadi kadhi	Oats 50gm Panner 30gm vegetable 150-160 gm Oats panner upma
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		