

WEEK 1 (5/9/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli	Two egg white and vegetable salad 100-150gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 5gm chia seeds soaked in water 15min in half katori of water		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Dalia 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 40gm+ panner 30gm Vegetable 150+200gm	Plain roti 40gm Tuar dal palak tomatoes dal bhaji
10-10.30	Milk 100ml turmeric		