

Week 1

WEEK 1 (18/9/23)

Timing	Wednesday/monday Saturday	Thursday/tuesday	Friday /Sunday
10AM	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer, 5-6 manuka, roasted khaskhas half teaspoon + one handful of sprouts(30gm) steamed and sauteed		
11am	Vegetable salad 150gm- 200gm+ Curd one katori(50gm) Three WHEAT roti (80gm) + dal one katori +one plate sabji + one boiled egg white	Vegetable salad 150gm- 200gm+ Curd one katori Three Jawar roti (80gm) + dal one katori +one plate sabji one boiled egg white	Vegetable salad 150gm- 200gm+ Curd one katori Two Ragi roti (80gm) + dal one katori +one plate sabji boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
2-2.30	सौंफ + अलसी(flax seeds) one spoon each Mix seeds one spoon+		
3-2.30	one handful of MOONG sprouts(30gm) steamed and sauteed Vegetable salad 150gm		one handful of MOT sprouts(30gm) steamed and sauteed Vegetable salad 150gm
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
8.00-8.30	Dalia 60gm+ moong dal 50gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 60gm+ panner 50gm Vegetable 150+200gm	Chicken 100gm (4 medium sized pieces in very less oil) +Three roti/ or rice 80gm + vegetable salad 150+200gm
10-10.30	Milk 100ml turmeric		