

WEEK ONE (11/9/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Two idli Idli batter (dal 2 : one portion of rice) and chana dal + curd chutney	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha Or black chana 30gm usal with vegetable
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 5gm soaked chia seeds (take it in non-transparent bottle)		
1.30- 1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3.30pm	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
7.00- 7.30pm	Dalia 30gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi or vermicelli 30gm panner50gm vegetable upma	Four dosa and vegetable sambhar as much as you want (thin sambhar and add more vegetable	Rice 30gm Panner 60gm vegetable 150gm pulao
10- 10.30	Milk 100ml turmeric		