



	Wake up	A1		BREAKFAST	A2	LUNCH	A3	STAKS	DINNER
Day1	Water	Hunza Tea Gur for non diabetic Ginger + Tulsi + Elachi+ Pudina+ Dalchini Boil and make it ¾ cup and add 2-3 drops of lemon	T E A	Pulses Moong boiled with tomato+capsicum+onion+ carrot Or salad of your choice 200 gm Peanuts 60 seed overnight soaked boil alongwith	Green Tea or Black coffee	Fruits Any two Apple Banana Custard apple Pear Chikku	If Hungry Can have Veghie juice 50gm veg	Tea	veg bowl with least oil Jowari bakeri Salad Pumpkin
DAY 2				Matki + salad Badam 8 overnight soaked	or	+ Any one Sweet Lime Oranges	And 1 cup water and drink tinda Or Lauki Or Cabbage		Jowari and add dhaniya powder to the flour Veg lauki
DAY 3				Channa + salad Coconut	Dalchini Tea	+ Any 1 Guava Papaya	With 1 tomato		218 calories in a 1-cup (195g) + dal or veg use dana methi for tadka Check sugar pp
DAY4				Sprout Moong +salad Peanut	Lemon water On your choice	+ Anar Can add			Jowari chilla like dosa with Veg Pumkin
DAY 5				Sprout Channa + salad Coconut	On your choice	Some day + 1 Khajur			Jowari and veg turi
DAY 6				Sprout Mataka + salad Badam soaked	Can have 1tsp Of pumkin seed with 1/2 tsp of til seed all roasted only	Can add black pepper			Can have veg Dal khichadda With chach kadi
DAY 7				Mix missal + salad					Jowari chilla with besan and salad

Aarti Present's

