

WEEK 1 (18/9/23)

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|---------------|--|--|--|
| 7am | One glass of water + lemon JUICE ONE SPOON +Pinch of dalchini powder | | |
| 8.30AM | 7-8 almond SOAKED REMOVE SKIN and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma ONE boiled egg white | Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli ONE boiled egg white | Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha ONE boiled egg white |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2-2.30 | Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm+Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| | One handful phutana | One handful roasted jawar lahi | One handful makhana |
| 5-5.30 6PM | Fruits 100gm ONE CUP GREEN TEA | | |
| 7.00-7.30 | Dalia 0gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi | Oats 60gm+ panner 30gm Vegetable 150+200gm | Chicken/FISH 100gm (4 medium sized pieces in very less oil)+Two roti+ vegetable salad |
| 10-10.30 | Milk 100ml turmeric WITHOUT SUGAR / MALAI | | |