

WEEK 1 (27/9/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon juice one spoon +Pinch of roasted jeera powder		
Before gym	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm Vegetable 150-200 gm Vegetable upma	Moong dal 30gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli or moong salad	TWO VEGETABLE IDLI AND PUDINA CHUTENY
12-1	COCONUT WATER/lemon water/buttermilk + one spoon soaked 30 min 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm(two katori) +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	Rice 40gm+ moong dal 30gm Vegetable 150+200gm Make Moong dal vegetable khichdi	Rava 40gm+ panner 30gm Vegetable 150+200gm uthappam	dalia 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi
10-10.30	Milk 100ml turmeric		