

WEEK 1 (2/10/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	50 ML of water + lemon JUICE ONE SPOON (OPTIONAL) +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer soaked overnight		
10 am	Rava 30gm Vegetable 150-200 gm Vegetable upma Two boiled egg white	Moong dal 30gm Vegetable 150-200gm <b>salad</b> <b>/or</b> <b>Moong dal vegetable Appe</b> <b>/or</b> <b>Moong dal idli</b> Two boiled egg white	Poha 30gm sauté usal vegetable 150-200gm Poha Two boiled egg white
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) 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 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 40gm+ panner 30gm Vegetable 150+200gm	Rice 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi
10-10.30	Milk 100ml turmeric		