

WEEK ONE 17/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
7-8.30a	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma Or Rava panner idli Or Rava panner dosa	Two vegetable idli and chana dal +curd chutney Or Two Dosa +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 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Dalia 30gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 30gm+ panner 30gm Vegetable 150+200gm Oats panner upma	Roti 30gm one Tuar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji
10- 10.30	Milk 100ml turmeric		