

WEEK 1 (6/11/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
Before gym	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma Two boiled egg white	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli Two boiled egg white	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha Two 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 60gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 60gm+ panner 30gm Vegetable 150+200gm	Chicken 100gm (4 medium sized pieces in very less oil)+Two roti+ vegetable salad
10-10.30	Milk 100ml turmeric		

