

Week one 11/12

	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm Vegetable 150-200 gm Vegetable upma	Moong sprouts 30gm Vegetable 150-200gm Moong dal vegetable salad one plate	Poha 30gm sauté usal vegetable 150-200gm Poha
12-1	COCONUT WATER/lemon water/buttermilk		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Two 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	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Dalia 40gm + moong dal 30gm Vegetable 150+200g Dalia Moong dal vegetables khichdi Or Two Roti and Three katori सब्जियों ki dal	Oats 40gm+ panner 30gm Vegetable 150+200gm upma Or Two roti and panner vegetables sabji	Two roti moong dal 30gm Vegetable 150+200gm Dal bhaji

	Jayada vegetables daliya		
10-10.30	Milk 100ml turmeric		