

WEEK 1 11/12

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon+ one boiled egg		
9-10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha
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	Fruits 100gm		
6PM	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	Plain Dalia 40gm Tuar dal palak tomatoes dal bhaji
10-10.30	Milk 100ml turmeric		

