

WEEK ONE

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 20 gm+ panner 20gm Vegetable 150-200 gm Vegetable upma <b>Or</b> Rava panner idli <b>Or</b> Rava panner dosa	Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney	Poha 30 gm + paneer 20gm Vegetable 150-200 gm
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	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00-7.30	Dalia 30gm+ moong dal 30gm Vegetable 150+200gm <b>Make Dalia moong dal vegetable khichdi</b>	Oats 30 gm+ panner 30gm Vegetable 150+200 gm <b>Oats panner upma</b>	Roti 30gm Tuar dal 30gm palak tomatoes dal bhaji <b>Roti and dal bhaji</b>
10-10.30	Milk 100ml turmeric		