

Week 25/12

	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 Vegetable 150-200 gm Vegetable upma Two boiled egg white	Moong sprouts 30gm Vegetable 150-200gm Moong dal vegetable salad one plate Two boiled egg white	Poha 30gm sauté usal vegetable 150-200gm Poha Two boiled egg white
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 6PM	Fruits 100gm 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 Jayada vegetables daliya	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
10-10.30	Milk 100ml turmeric		