

WEEK ONE 25/12

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8am	One glass of water + lemon one spoon juice +Pinch of jeera powder		
8.30am	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm 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 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha  Or black chan 30gm usal with vegetable
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 one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Dalia 60gm+ moong dal 30gm Vegetable 150+200gm  <b>Make Dalia moong dal vegetable khichdi</b>	Oats 60gm+ panner 30gm  Vegetable 150+200gm  <b>Oats panner upma</b>	Roti 60gm  Tuar dal 30gm palak tomatoes dal bhaji  <b>Roti and dal bhaji</b>
10- 10.30	Milk 100ml turmeric		

