

Week 1

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
6-6.30 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10.30 AM	Mot sprouts dal 50 gm One bowl of Vegetable 100-150gm salad <b>Vegetable usal</b>	Poha 30gm+Boiled chana 20gm Vegetable 100-150 gm <b>Vegetable poha</b>	Rava 30gm +Panner 20gm+Vegetable salad 100-150 gm <b>vegetable rava upma</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
8.00- 8.30PM	Roti two + Panner 50gm vegetable 150-160 gm <b>or</b> Oats 50 gm+Paneer 30gm vegetable 150-160 gm <b>Oats paneer upma</b>	Dalia 50 gm Moong dal 30gm vegetable 150-160 gm <b>Dalia khichdi kadhi</b>	Chicken 3-4 pieces Without gravy One roti Vegetable <b>100-150gm</b> salad
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		

