

Week 1

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
8.30 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 50gm  One bowl of Vegetable 100-150gm salad  <b>Vegetable usal</b>	Poha 30gm  Boiled chana 20gm  Vegetable 100-150gm  <b>Vegetable poha</b>	Rava 30gm  Panner 20gm  Vegetable salad 100-150gm  <b>vegetable rava upma</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)  Dal one katori (30gm)  One katori sabji 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	Dalia 50 gm  Moong dal 30gm vegetable 150-160 gm  <b>Dalia khichdi</b>  <b>kadhi</b>	Oats 50gm  Panner 30gm vegetable 150-160 gm  <b>Oats paneer upma</b>
10.30 Pm	One cup(100ml) of milk no sugar/no malai  Or vegetable soup		