

week 1

	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7-8am	One glass of water + lemon ONE spoon +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer overnight soaked roasted khaskhas half teaspoon		
9.30-10 am	Wheat flakes 30gm Milk 100ml	Makhana 30 gm + one fruit Milk 100ml	Poha 30gm vegetable 150-200 gm Poha
12-1	COCONUT WATER/lemon water/buttermilk(optional)		
1-1.30	Vegetable salad 150gm- 200 gm+ Curd one katori		
2-2.30	Two Wheat /jowar/bajra/ ragi (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.30-8.00	Vegetable khichadi or curd Or Two Roti and Three katori सब्जियों ki dal Jayada vegetables daliya	Dosa two plain and vegetable sambhar Or Two roti and panner vegetables sabji	Two roti moong dal 30gm Vegetable 150+200gm Dal bhaji
10-10.30	Milk 100ml turmeric		