

Weekly: Diet Plan (16 jan 24)

	Early Morning (7:00am)	Breakfast (9:00am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Evening (4:30pm)	Dinner (7:30 pm)	Bed Time (9:00pm)
Monday	1 glass of lukewarm water	oats and besan chilla	papaya(100gms)	1 katori dal +green veg +2 chapati+salad	1 cup green tea +makahana	chicken + 2 chapati	1 cup of milk+4-5 soaked almond
Tuesday	zeera infused water	1/2 stuffed roti (carrot and beetroot)	guava(100 gms)	veg biriyani+curd raita/chicken biriyani with mint chutney+salad	1 cup of ginger tea with nuts	veg daliya 1 bowl+2 eggsboiled	1 cup of turmeric milk
Wednesday	ginger and lemon tea	ragi chilla	cup of green tea+mix seeds (1spn)	green dal with palak in it(1 katori)+1 katori rice/2 chapatis+salad	4-5 pcs of roasted tofu or paneer+lemon tea	green veg + chapati	1 glass of lukewarm water+1 sp of isabagol
Thursday	1 glass of lukewarm water+half lemon	multigrain chilla+1 cup of tea	alsi pinni / ragi ladoo	chana dal add ghiya in it + rice+salad+garlic tomato chutney	veg soup	khichdi 1bowl+half sp ghee	1 glass of lukewarm water+1 sp of apple cider vinegar
Friday	1 glass of lukewarm water+half lemon + aloevera gel	1 bowl of poha squeeze lemon over it	1 cup of tea+makahana and raisins or anynfruit	sambhar with veggies +2 chapati(jau)+salad	1 cup of green tea + puffed rice bhel	jau daliya+2 chicken pcs roasted	1 cup of turmeric milk +1 walnut soaked
Saturday	1 glass of lukewarm water +aloevera gel+lemon	suji upma / idli with veggies + coconut chutney	ragi ladoo(1)	black chana in gravy form +2 chapatis (jau)	2 pcs grilled chicken or roasted squeeze lemon in it	soya nuggets veg +1 chapati (jawar)	1 cup of dalchini tea
Sunday	1 nariyal pani	bf of your choice / mix veg prantha +cup of tea	papaya +mix seeds (1 tspn)	any cheat meal	1 glass of lukewarm water+apple cider vinegar	1 katori moong wash dal+2 chapati(jau)	1 cup of milk +4 almonds+1 walnuts

NOTE :

HAVE 1 GLASS OF WATER IN BETWEEN EVERY 2 HOURS

AT 8:00AM,10:00A M,12:00PM,3:00P M,4PM,6PM WORKOUT :

45 MINS BRISK WALK /YOGA FOR 40 MINS/PRANAYA MS FOR 40 MINS PER DAY)