

WEEK ONE

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|-----------|--|---|---|
| 6-7am | One glass of water + lemon one spoon juice +Pinch of dalchini powder + milk | | |
| 7-8.30a | 7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon | | |
| 9- 10 am | Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa | Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney | Poha 30 gm vegetable 150- 200 gm 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- 200 gm+ Curd one katori | | |
| 2-2.30 | Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | |
| 3-3.30 | सौंफ + अलसी(flax seeds) 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 Make Dalia moong dal vegetable khichdi | Oats 60 gm+ paneer 30gm Vegetable 150+200 gm Oats paneer upma | 3-4 idli and vegetable sambar |
| 10-10.30 | Milk 100ml turmeric | | |

