

6 Week 1

| Timing        | Monday/Wednesday/<br>Saturday  | Tuesday/ Thursday  | Friday /Sunday  |
|---------------|--|--|---|
| 6-7am         | One glass of water + + lemon one spoon juice soaked saunf one spoon overnight                            |  |   |
| 7-8.30a       | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon                                     |  |   |
| 10 am         | Choely 30gm vegetable salad  | Oats atta one spoon + milk 50ml + one fruit + one apple khajoor water + one spoon-soaked chia seeds<br>Make smoothie | Satu one spoon (without sugar) + milk 50ml + one fruit +one khajoor water + one spoon-soaked chia seeds Make smoothie   |
| 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<br>Dal 20gm<br>Sabji one plate                                  |  |   |
| 3-3.30        | सौंफ + अलसी( flax seeds) one spoon each  |  |   |
| 5-5.30<br>6PM | ONE CUP GREEN TEA+ Mix seeds one spoon   |  |   |
| 7.00-<br>7.30 | 3-4 idli<br><b>(Dal 2 part+ rice one part)</b><br>and vegetable 150-200 gm dal 30gm for vegetable sambar | Rice 30 gm+ soya chunk 30gm Vegetable 150+200gm<br>Make soya vegetable pulao   | 3-4 idli ragi idli<br>(Ragi 3 part +Dal 2 part+ rice one part) and vegetable 150-200 gm dal 30gm for vegetable sambar<br>and vegetable 150-200 gm dal 30gm for vegetable sambar |
|               |  |  |   |