

Week 1

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	ytFriday/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 overnight soaked pinch of khaskhas roasted		
9.30- 10.30 AM	Mot sprouts dal 50 gm One bowl of Vegetable 100-150gm salad Vegetable salad	Boiled chana 30gm Vegetable 100-150 gm Vegetable black chana	Vegetable salad 100-150 gm Two egg boiled white
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.00- 2.30PM	Roti two Dal 30gm vegetable sabzi	Dalia 30 gm Moong dal 30gm vegetable 150-160 gm Dalia khichdi kadhi	Oats 30gm Panner 30gm vegetable 150-160 gm Oats paneer upma
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 Dal 30gm vegetable sabzi	Dalia 30 gm Moong dal 30gm vegetable 150-160 gm Dalia khichdi kadhi	Oats 30gm Panner 30gm vegetable 150-160 gm Oats paneer upma
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		