

## Weekly: Diet Plan ( 27 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)
<b>Monday</b>	1 glass of lukewarm water+aloevera gel+honey 1 tsp	ragi chilla 2	papaya(100gms)	1 katori kulthi dal +green veg +2 makki ki roti+salad	1 cup green tea +makahana	chicken \fish + 2 chapati	1 cup of milk+4-5 soaked almond
<b>Tuesday</b>	dalchini water	1/2 stuffed roti (methi)	guava(100 gms)	veg biriyani+curd raita/chicken biriyani with mint chutney+salad	1 cup of ginger tea with nuts	sweet daliya 1 bowl+2 eggsboiled	1 cup of turmeric milk
<b>Wednesday</b>	ginger and lemon tea	ajwain + rocksalt filled chapati 2 with one cup of tea	chiku+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 isabgol
<b>Thursday</b>	1 glass of lukewarm water+half lemon	multigrain chilla+1 cup of tea	alsi pinni + grapes	chana dal +split black gram dal add ghiya in it + rice+salad+garlic tomato chutney	veg soup	khichdi 1 bowl+half sp ghee	1 glass of lukewarm water+1 sp of apple cider vinegar
<b>Friday</b>	1 glass of lukewarm water+ apple cider vinegar 1 spoon+ aloevera gel	1 bowl of poha squeeze lemon over it (add ajwain in it)	1 cup of tea+makahana and raisins or anynfruit	sarson saag +makki or bajrey ki roti +salad	1 cup of green tea + puffed rice bhel	jau chapati+2 chicken pcs roasted or in gravy form	1 cup of turmeric milk +1 walnut soaked
<b>Saturday</b>	1 glass of lukewarm water +aloevera gel+lemon	moong dall chilla or paneer wala prantha(donot fry just saute)	ragi ladoo(1)+ 1 katori anar	black chana in gravy form +2 chapatis (jau)	2 pcs grilled chicken or roasted squeeze lemon in it	bhindi veg/ gobi veg +2 chapati	1 cup of dalchini tea
<b>Sunday</b>	1 nariyal pani	bf of your choice	papaya +mix seeds (1 tspn)	any cheat meal	1 glass of lukewarm water+apple cider vinegar	1 katori moong wash dal+ green leafy veg+2 chapati(jau)	1 cup of milk +4 almonds+1 walnuts