

Week 1 12/1

| Timing | Monday/Thursday /Saturday | Tuesday Wednesday | Friday/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 pinch of khaskhas roasted | | |
| 9.30- 10.30 AM | Mot sprouts dal 50gm One bowl of Vegetable 100-150gm salad Vegetable usal | Poha 30gm Boiled chana 20gm Vegetable 100-150gm Vegetable poha | Rava 30gm Panner 20gm Vegetable salad 100-150gm vegetable rava upma |
| 12.00 | Buttermilk 200ml+ soaked chia seeds 5gm | | |
| 1.00 | One katori vegetables 100gm + curd 50gm | | |
| 2pm | Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables | | |
| 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 | | |
| 7.00- 7.30PM | Roti two + Paneer 50gm vegetable 150-160 gm or Rice 30 gm + paneer 50gm vegetable 150-160 gm pulao And kadhi | Dalia 50 gm Moong dal 30gm vegetable 150-160 gm Dalia khichdi kadhi | Oats 50gm Panner 30gm vegetable 150-160 gm Oats paneer upma |
| 10.30 Pm | One cup(100ml) of milk no sugar/no malai Or vegetable soup | | |