



Week 4 : Diet Plan



	Early Morning (7:00am)	Breakfast (9-9:30 am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Evening (4:30pm)	Dinner (7:30 PM)	Bed Time (9:00pm)
Monday	1 glass of lemon water	oats upma + 1 cup of tea	pomegranate (100gms)	raugi dal+ 1 chapati+ salad	milk 1 cup + 1 rusk	dalia with veggies + curd	dalchini tea
Tuesday	1 glass of lemon water	red beans dal roasted + 2 chapati + cup of tea	banana	allu gobhi 1 katori+curd+ chapati 1 (jau)	milk 1 glass +soaked almond 4	beans curry + 1 chapati	1 cup of saunf tea
Wednesday	1 glass of lemon water	1 bowl of poha squeeze lemon +add 1 sp of flax seeds powder	mango 1small	paneer any type veg (1 katori)+ 1 chapatis +salad	milk shake	sprouted moond with tadka +1 chapati + salad	turmeric tea with lemon
Thursday	1 glass of lemon water	sauted veggies add two boiled egg+2 slice bread	kiwi	1 bowl of mushroom yakhni+1 chapati+salad	veg soup	ghiya veg +2 jau chapati	ginger tea +lemon
Friday	1 glass of lemon water	mix veg +tofu prantha (jau & wheat) +tea	nariyal pani	arhar dal with beans and carrot 1 bowl	1 cup of green tea	beans,capsicum,paneer veg + 1chapati	lemon tea
Saturday	1 glass of lemon water	veg sauted idlis+cup of tea	papaya	chickpea in gravy (1 bowl)+ 2 chapati (jawar)	roasted paneer (4-5 pcs)	mattar pullau+ salad and curd	isabgol +lukewarm water
Sunday	1 glass of lemon water	any prantha(1) of your choice	lemon water\ mausami \ anar	rajmah 1katori(squeeze) + 1 katori rice+salad	1 glass of lukewarm lemon water / lemon tea	allu nutri +1 chapati +salad	lukewarm milk