

Week 1 : Diet Plan for conceiving

	Early Morning (7:00am)	Breakfast (9:00am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Post lunch (Around 2 -2:15pm)	Evening (4:30pm)	Dinner (7:30 pm)	Post Dinner (8 -8:15pm)	Bed Time (9:00pm)
Monday	1 glass of lemon water add 4-5 leaves of pudina in it	poha 1 small plate add lots of veggies in it	mausami (100gms)	1 katori arhar dal +beans veg veggies in dal +2 chapati+beetroot as salad	roasted flax seeds 15 gms	1 cup green tea +makhana(soaked 5 raisins)	broccoli+corns soup ad 1 sp of flax seeds	15 gm of fennels whole	Moringa tea 1 cup
Tuesday	1 glass of ghiya juice	1 stuffed roti (carrot and beetroot)	1 bowl small watermelon	beans veg + curd(add shakkar)+salad+ chapati 2 (jau)	roasted flax seeds 15 gms	Almond milk 1 glass	paneer bhurji+1 chapati	15 gm of fennels whole	Moringa tea 1 cup
Wednesday	1 glass of lemon water+alovera juice	oats chia pudding ad jaggery pwd for sweetness	jamun 100 gms	chilli soyabean chunks (1 katori)+ 1/2 chapatis+salad	roasted flax seeds 15 gms	coldcoffe/1cup of lemon tea	quinoa/dalia pulao (1 bowl) add broccoli+palak	15 gm of fennels whole	Moringa tea 1 cup
Thursday	1 glass of lukewarm water+half lemon	2 moonglets+ tomato &garlic chutney	mango 1small bowl	1 bowl of beans + Paneer veg +1 katori rice + salad	roasted flax seeds 15 gms	Murmura bhel 1 katori /1katori veg vermicelli	moon wash dal soup 1bowl+half sp ghee+1 tsp of flax seeds add lemon juice too	15 gm of fennels whole	Moringa tea 1 cup
Friday	1 glass of lukewarm water+half lemon + aloevera gel	1 nariyal pani+almonds soaked+1 anjeer soaked	banana	rajmah 1katori(squeeze) + 1 katori rice+salad+butter milk	roasted flax seeds 15 gms	1 cup of green tea	jau dalia with peas+broccoli+spin ach squeeze lemon in it	15 gm of fennels whole	Moringa tea 1 cup
Saturday	1 glass of lukewarm water +aloevera gel+lemon	chia pudding with mangoes slices+apple	nariyal pani	chickpea salad with lots of veggies in it	roasted flax seeds 15 gms	tofu 4-5 pcs (roasted)	kathi roll (panner withsauted veggies in chapati as a roll)	15 gm of fennels whole	Moringa tea 1 cup
Sunday	1 nariyal pani + 5 raisins soaked with water	aaloo+paneer prantha (do not fry)	plum 1 -2	any cheat meal	roasted flax seeds 15 gms	1 glass of lukewarm water+apple cider vinegar	1 katori sambhar with 4 pcs of idli or oats dosa	15 gm of fennels whole	Moringa tea 1 cup

NOTE : HAVE 1 GLASS OF WATER IN BETWEEN EVERY 2 HOURS AT 8:00AM,10:00AM,12:00PM,3:00PM,4PM,6PM

WORKOUT :

DO'S
Meditation
do light yoga

DON'T

don't do squats
jumping jacks
heavy workouts