

week 1 26/2

	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8.30-9am	One glass of water + lemon juice one spoon+Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer soaked,5-6 raisins overnight		
10-11 am	Rava 30gm Vegetable 150-200 gm Vegetable upma/idli Two boiled egg white	Moong sprouts 30gm Vegetable 150-200 gm Moong dal vegetable salad one plate Two boiled egg white	Poha 30gm sauté usal vegetable 150-200 gm Poha Two boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk		
1-1.30	Vegetable salad 150gm- 200 gm+ Curd one katori		
2-2.30	Two Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
	One handful phutana	One handful popcorn without butter	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Dalia 40gm + moong dal 30gm Vegetable 150+200g Dalia Moong dal vegetables khichdi Or Two Roti and Three katori सब्जियों ki dal Jayada vegetables daliya	Oats 40 gm+ paneer 30gm Vegetable 150+200 gm upma  Or Two roti and paneer vegetables sabji	Four vegetable idli (1 part rice + 2 part dal ) Vegetable dal Sambar
10-10.30	Milk 100ml turmeric		