

Week 1 4/3

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
7.30-8am	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 50 gm One bowl of Vegetable 100-150 gm steamed and sauteed Vegetable usal	Poha 30gm Boiled chana 20gm Vegetable 100-150 gm Vegetable poha	Rava 30 gm +Paneer 20gm Vegetable 100-150gm vegetable rava upma + one egg white boiled Or Rava veg uttapam
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00-2pm	One katori vegetables 100gm + curd 50gm		
2pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm)+One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon		
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 50 gm or One roti chicken 100 gm steamed vegetable 150-160 gm	Dalia 30 gm Moong dal 50 gm vegetable 150-160 gm Dalia khichdi kadhi Or Rice 30gm + 4 egg white vegetables pulao	Oats 50gm Panner 30gm vegetable 150-160 gm Oats paneer upma Or Chicken 100 gm 4 pieces without gravy One roti
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		

