

week 1 18/3

	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7-8am	One glass of water + lemon ONE spoon +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer overnight soaked roasted khaskhas half teaspoon		
9.30-10 am	Rava 30gm Vegetable 150-200 gm Vegetable upma one boiled egg white	Moong sprouts 30gm Vegetable 150-200 gm Moong dal vegetable salad one plate	Poha 30gm vegetable 150-200 gm Poha one boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk(optional)		
1-1.30	Vegetable salad 150gm- 200 gm+ Curd one katori		
2-2.30	Two Wheat /jowar/bajra/ ragi (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.30-8.00	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 40gm masoor dal 30gm Vegetable 150+200gm upma Or Two roti and masoor vegetables dal bhaji	Two roti moong dal 30gm Vegetable 150+200gm Dal bhaji
10-10.30	VEGETABLE SOUP		

