

WEEK ONE 18/3

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8- 8.30am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
8.30a	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
9- 9.30am	Rava 30 gm+ planner 20gm Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa	Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha Or black chan 30gm usal with vegetable
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti+Dal 20gm+Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA + handful of phutana / makhana		
7.30-8.00	Dalia 60gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 60 gm+ paneer 30gm Vegetable 150+200 gm Oats paneer upma	Roti 60gm Tuar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji
10-10.30	Milk 100ml turmeric		

