

	Monday /Wednesday	Tuesday/ Thursday lemon one spoon juice	Friday/ Sunday
7-8	One glass of water + lemon one spoon juice + one spoon of methidana soaked in water Overnight		
8-9	5-6 almond and one walnut, roasted khaskhas half teaspoon		
	Buttermilk 500 ml+ one spoon 10gm chia seeds		
11-12	Vegetable salad 150 gm- 200 gm steamed curd		
2-2.30	Sattu ki roti/ Ragi ka roti/ Jowar ki roti(60gm) Dal 20gm Sabji one plate		
4pm	Green tea/ Black tea /Black coffee	Black tea /Green tea/ Black coffee	Black coffee /Green tea/ Black tea
5pm	Coconut water		
6pm	सौंफ + अलसी(flax seeds) one spoon each		
	Pumpkin seeds one spoon	Watermelon seeds one spoon	Sunflower seeds one spoon
6-7pm	Paneer 100 gm Vegetable 100-150 gm STEAMED AND SAUTEED ONE ROTI	3-4 MOONG DAL CHILLA or moong dal vegetable idli and sambar	MOT 60GM SPROUTED STEAMED VEGETABLE SALAD
10pm	VEGETABLE SOUP		