

WEEK 1) FOR 15 DAYS(11/3) 18/3

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
6.00AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder + 5-6 spoon of honey + One dry fruit Ladoo		
6.30am	One glass milk+ fruit + one spoon peanut butter + three khajoor Make shake		
8.45 -9.00	1)Aloo Paratha and curd	3 sabudana vada and curd (add gud) Or 5-6 moong pakoda	Two aloo paratha and curd (add gud) Or PURI and aloo Ki sabji and dahi
10-12	3 pieces of kaju katali		
1.30 lunch	Three roti / wheat /bajra/ jowar add ghee One katori dal add ghee + vegetable salad Sabji + Rice one katori adds ghee Gud one piece		
4pm	MAKHANA one handful	GUD PEANUT CHIKKI	GUD PHUTANA
5pm	Tea + two mari biscuit before gym		
7pm	Kheer two katori		
8-9pm	Three roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice adds ghee	5-6 idli add paneer in idli batter and vegetable sambar	Paneer+ choely rice rice Aloo paratha and tomato chuteny