

**Plan 2 25/3**

| Timing    | Monday/Wednesday/<br>Saturday  | Tuesday/Thursday   | Friday/Sunday   |
|-----------|--|--|---|
| 7.00AM    | One glass of water + One spoon of lemon juice pinch of roasted jeera powder + 5-6 spoon of honey + One dry fruit Ladoo   |  |   |
| 8.00am    | One cup Tea and two atta bread apply peanut butter<br>One cup milk+ two banana + one spoon peanut butter + three khajoor |  |   |
| 9.00 -10  | 1) Two Paneer parathas and curd<br><br><b>Or</b><br><b>Three idli and vegetable sambar</b>                               | Three sambhar vada and vegetable sambar<br><br><b>Or</b><br>Poha one plate and chana one plate | Two mixed veg paratha and curd (add gud)<br><br>Or<br>3-4 Puri and aloo ki sabji and dahi |
|           |  |  |   |
| 12- 1     | Butter milk one katori   | Lassi one katori   | Lassi one katori  |
| 4pm lunch | Three roti / wheat /bajra/ jowar add ghee<br>One katori dal add ghee<br>Sabji +<br>Rice one katori adds ghee             |  |   |
| 4pm       | One katori bansudi and 2-3 kaju katli  | Fruit shake and add one scoop of ice cream   | Sevai kheer add dry fruits  |
| 5pm       | Tea + two mari biscuit   |  |   |
| 7pm       | Fruit one  |  |   |
| 8-9       |  |  |   |
|           | One glass milk add honey   |  |   |