

**Plan 3 (15days)29/4feb**

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
5.00AM	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 glass of and two atta bread apply peanut butter + jam		
9.00 -10	<b>Sambar Wada one plate</b> <b>Or</b> <b>Sambar vadi</b> <b>Gud shengdana papadi</b>	Three -four sabudana wada with peanut chuteny+ P <b>Or</b> Poha one plate and chana one plate + Chocolate	Two aloo paratha and peanut chuteny+  Or Two roti and aloo ki sabji and dahi + Dairy milk chocolate
12- 1	Butter milk one glass	Lassi one katori	One katori soya milk
4pm lunch	Three roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice one katori adds ghee		
7+pm	One ice cream /MILK FRUIT SHAKE		
5pm	Tilgul laddu/rajgira laddu/gud shengdana papadi		
7pm	Fruit one		
8pm	Three and half roti /One katori dal add ghee/Sabji + Rice adds ghee		
	one cup 150ml of whole milk+ add gud		