

Plan 4 /3- 11/3 (15 days)

Timing	Monday/Wednesday/ 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 three atta bread apply peanut butter		
9.00 -10	<p>1) Prohance active (pharmacy) 2 spoon+ one cup 150 ml of whole milk + add gud add dry fruits + fruit + two spoon of peanut butter + panner 3-5 chocolate cube</p> <p>Blend it to make smoothie</p> <p>and</p> <p>1) 2 moong dal chilla stuffed with paneer and sauteed vegetable</p>	<p>Prohance active/2 spoon+ one cup 150 ml of whole milk + add gud + 3-4 banana</p> <p>and</p> <p>4-5 palak puri add besan in dough</p> <p>With malai curd</p>	<p>four bread also apply butter</p> <p>Bread pakora two(stuffed with aloo and paneer) and peanut chutney +</p> <p>Prohance active/amway (pharmacy) 2 spoon+ one cup 150 ml of whole milk+ add gud Or four puri and choely ki sabji and dahi +Prohance active (pharmacy) /amway2 spoon+ one cup 150 ml of whole milk add gud</p>
12- 1	Butter milk one katori	Lassi one katori	Lassi one katori
2pm lunch	2-3 roti and dal + sabji Vegetable salad + paneer 60gm		
4pm	Shira / rabdi/ home-made cakes/sevai kheer / rasgulla		
5pm	Roasted peanut / peanut chikki/rajgira laddu		
7pm	Fruit shakes		
7-8pm	<p>1)Rice + 3-4 egg white vegetable 50gm pulao + two roti and dal +sabji</p> <p>2) Rice + dal bhaji + three paneer paratha and curd</p> <p>3)paneer vegetable pulao + paneer butter masala sabji + two roti</p>		
	one cup 150 ml of whole milk + add gud		

