

Plan 5 22/5/23 to 5/6/23(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 two atta bread apply peanut butter		
9.00 -10	1) Prohance active (pharmacy) 2 spoon+ one cup 150 ml of whole milk + add gud add dry fruits mango + two spoon of peanut butter + paneer 30 Blend it to make smoothie And Handavi 3-4 pieces	1) Prohance active (pharmacy) 2 spoon+ one cup 150 ml of whole milk add gud add dry fruits berries + two spoon of peanut butter + paneer 30 Blend it to make smoothie Or 2) Three sambar wada	5-6 moong dal add paneer in it vegetable vada with pudina chutney + Prohance active (pharmacy) 2 spoon+ one cup 150 ml of whole milk add gud
12- 1	Butter milk one katori	Lassi one katori	One katori soya milk
2pm lunch	Rice one katori adds vegetable /choely / rajhma + three roti and sabji and dal		
4pm	One ice cream		
5pm	Roasted peanut / peanut chikki/Rajgira laddo		
7pm	Fruit juice Watermelon juice / mix fruit juice		
7-8pm	Two and half roti One katori dal add ghee Sabji + Rice adds ghee	Cheez paratha and choely sabji Vegetable rice pulao	Masala bhat and kadhi Three roti and palak dal bhaji
	Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		