Plan 6 22/5/23 to 5/6/23(15 days)

Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
Saturday		
	• •	ed jeera powder + 5-6
One cup Tea and two atta bread	l apply peanut butter	
 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 Handvo 3-4 pieces 	 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 sabudana wada 	Three ragi idli and chana dal chutney + Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud
Butter milk one katori	Lassi one katori	One katori soya milk
Rice one katori adds vegetable	 /choely / rajhma + three roti a	nd sabji and dal
One ice cream / shakes / sweets	3	
Roasted peanut / peanut chikki/	'Rajgira laddo	
Fruit juice Watermelon juice / mix fruit juic	ce	
Two and half roti One katori dal add ghee Sabji + Rice adds ghee	Cheez paratha and choely sabji Vegetable rice pulao	Masala bhat add paneer 30gm and kadhi Three roti and palak dal bhaji
Prohance active (pharmacy) 2 sp	boon+ one cup 150ml of whole	e milk+ add gud
	Saturday One glass of water + One spoor spoon of honey + One dry fruit I One cup Tea and two atta bread 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 Handvo 3-4 pieces Butter milk one katori Rice one katori adds vegetable One ice cream / shakes / sweets Roasted peanut / peanut chikki/ Fruit juice Watermelon juice / mix fruit juice Two and half roti One katori dal add ghee Sabji + Rice adds ghee	Saturday One glass of water + One spoon of lemon juice pinch of roaster spoon of honey + One dry fruit Ladoo One cup Tea and two atta bread apply peanut butter 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 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 Blend it to make smoothie And Or Handvo 3-4 pieces 2) three sabudana wada Butter milk one katori Lassi one katori Rice one katori adds vegetable /choely / rajhma + three roti a One ice cream / shakes / sweets Roasted peanut / peanut chikki/Rajgira laddo Fruit juice Watermelon juice / mix fruit juice Two and half roti Cheez paratha and choely sabji One katori dal add ghee