

Week 1 4/3

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
7.30-8am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka + pinch of khaskhas roasted		
9.30- 10.30 AM	Mot sprouts dal 50 gm  One bowl of Vegetable 100-150 gm steamed and sauteed  <b>Vegetable usal</b>	Poha 30gm  Boiled chana 20gm  Vegetable 100-150 gm  <b>Vegetable poha</b>	Rava 30 gm +Paneer 20gm Vegetable 100-150gm  <b>vegetable rava upma + one egg white boiled</b>  <b>Or Rava veg uttapam</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00-2pm	One katori vegetables 100gm + curd 50gm		
2pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm)+One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7.00-7.30PM	Roti two  Paneer 50 gm <b>or</b>  <b>One roti</b>  chicken 100 gm steamed  vegetable 150-160 gm	Dalia 30 gm  Moong dal 50 gm vegetable 150-160 gm <b>Dalia khichdi</b>  <b>kadhi</b>  <b>Or Rice 30gm + 4 egg white vegetables pulao</b>	Oats 50gm  Panner 30gm vegetable 150-160 gm  <b>Oats paneer upma</b>  <b>Or Chicken 100 gm 4 pieces without gravy</b>  <b>One roti</b>
10.30 Pm	One cup(100ml) of milk no sugar/no malai  Or vegetable soup		

