

WEEK 1 2/4

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	One glass of water + lemon water +Pinch of dalchini powder		
BEFORE GYM	7-8 almond and one walnut, one anjeer , SOAKED /roasted khaskhas half teaspoon		
9- 10 aM AFER GYM	Rava 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable upma <b>ONE EGG WHITE</b>	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli or sauteed <b>ONE EGG WHITE</b>	Poha 30 gm vegetable 150-200 gm Poha <b>Two boiled egg white</b>
12-1	COCONUT WATER/buttermilk + one spoon <b>SOAKED 30MIN</b> 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Dalia 30gm+ moong dal 60gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi <b>or</b> Rice + moong dal 60gm Vegetable 150+ 200 gm <b>rice moong dal vegetable khichdi</b>	Oats 60 gm + paneer 30gm Vegetable 150+200 gm <b>or</b> two roti + paneer Vegetable 150+200 gm sabji	Chicken 100gm (4 medium sized pieces in very less oil)+Two roti + vegetable salad <b>or</b> two roti + three katori dal bhaji
10-10.30	Milk 100ml turmeric		