

WEEK 1 17/6/24

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|-----------|--|---|--|
| 5.30 am | One glass of water + lemon water +Pinch of dalchini powder | | |
| | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 6am | Rava 30gm Vegetable 150-200 gm Vegetable upma One boiled egg | Moong dal 30gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli One boiled egg | Poha 30gm sauté usal vegetable 150-200 gm Poha One boiled egg |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm + Curd one katori | | |
| 2-2.30 | Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Dalia 40gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi | Oats 40 gm + paneer 30gm Vegetable 150+200 gm | Rice 40 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi |
| 10-10.30 | Milk one spoon without sugar and cream | | |