

Timing	Monday/Tuesday/wednesday
Morning 6 am	One glass of water + lemon juice (optional)+ pinch of dalchini powder
	2 Almond + One Walnut (Soaked overnight)
10am 11am	One apple Coconut water
Mid meal 2pm	50 gm cheena /paneer + 5-6 Manuka + One Anjeer_ + 3almond + one spoon of soaked chia seeds make smoothie
Lunch3- 4pm	One bowl vegetable salad + curd or Vegetable kadhi (curd 25gm low fat + besan 10gm + vegetables 50gm) Or chicken vegetable soup
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	Option 1 Jowar dalia 10-15 gm + mix dal 40gm vegetable 200gm Option 2 soya chunk atta 50gm + one spoon besan vegetable 100gm chilla Option 3 four egg white vegetable omelet 200gm