

week 1 20/5

| | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|---------------|---|--|--|
| 7-8am | One glass of water + lemon ONE spoon +Pinch of dalchini powder | | |
| | 7-8 almond and one walnut, one anjeer overnight soaked roasted khaskhas half teaspoon | | |
| 9.30-10 am | Rava 30gm Vegetable 150-200 gm Vegetable upma one boiled egg white | Moong sprouts 50gm Vegetable 150-200 gm Moong dal vegetable salad one plate | Poha 30gm vegetable 150-200 gm Poha one boiled egg white |
| 12-1 | COCONUT WATER/lemon water/buttermilk(optional) | | |
| 1-1.30 | Vegetable salad 150 gm- 200 gm Curd one katori | | |
| 2-2.30 | Two Wheat /jowar/bajra/ ragi (60gm) roti Dal 20gm+Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| | One handful phutana | One handful roasted jowar lahi | One handful makhana |
| 5-5.30 6PM | Fruits 100gm ONE CUP GREEN TEA | | |
| 7.30-8.00 | Dalia 40gm + moong dal 30gm Vegetable 150+200g Dalia Moong dal vegetables khichdi Or Two Roti and Three katori सब्जियों ki dal Jayada vegetables daliya | Oats 40 gm + paneer 30gm Vegetable 150+200 gm upma Or Two roti and paneer vegetables sabji | Two roti moong dal 30gm Vegetable 150+200 gm Dal bhaji |

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| 10-10.30 | Milk 100ml turmeric |
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