

WEEK 1

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8.30am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 10 am	MOT 30 gm Vegetable 150-200 gm Vegetable SALAD Two boiled egg white	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or ONE boiled egg white	CHANA 30 gm vegetable 150-200 gm Two boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori LOW FAT		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon		
	WATERMELON /SUNFLOWER/PUMPKIN SEEDS one spoon		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00- 7.30	Dalia 30gm+ moong dal 60gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi or Rice 50gm Vegetable 150+ 200 gm + CHICKEN 150GM + VEGETABLE SALAD	Oats 30 gm + SOYA CHUNK 30gm Vegetable 150+200 gm or two roti + SOYA GRANULES sabji OR Rice 50gm Vegetable 150+ 200 gm + CHICKEN 150GM + VEGETABLE SALAD	Chicken 100gm (4 medium sized pieces in very less oil)+Two roti + vegetable salad Or Two roti + three katori dal bhaji OR Rice 50gm Vegetable 150+ 200 gm + CHICKEN 150GM + VEGETABLE SALAD
10- 10.30	Milk 100ml turmeric(OPTIONAL)		