

Week 1 15/7

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
8.30 am	One glass of water + One spoon of lemon juice pinch of dalchini powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka soaked overnight pinch of khaskhas roasted one boiled egg		
9.30- 10.30 AM	Mot sprouts dal 50 gm One bowl of Vegetable 100-150gm salad Vegetable usal	Oats 30gm Boiled chana 2ogm Vegetable 100-150 gm Vegetable poha	Rava 30 gm + Paneer 20gm Vegetable salad 100-150 gm vegetable rava upma
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00- 2pm	One katori vegetables 100gm + curd 50gm		
1-2pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon		
4.30PM	One fruit 100gm (less sweet) + green tea		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Jasmine tea		
7.00-7.30PM	Rice 30gm Three Egg (One full+ 2 white) vegetable 150-160 gm pulao Or one roti and vegetables Three eggs white omelet	Rice 50 gm Moong dal 30gm vegetable 150-160 gm khichadi+kadhi Or two roti and Three katori vegetables dal	Bhagar 50 gm + Paneer 30gm vegetable 150-160 gm Bhagar paneer upma Or Oats 50gm Vegetable paneer chilla
10.30 Pm	One cup(100ml) of milk no sugar/no malai		