

WEEK 1

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8.30am	One glass of water + lemon water +Pinch of dalchini powder		
Before gym	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
During gym	lemon water + one spoon 10gm chia seeds		
After gym 9- 10 am	Vegetable 150-200 gm Vegetable SALAD Two boiled egg white	Vegetable 150-200 gm Two boiled egg (white +full)	Two boiled egg (white +full) Vegetable 150-200 gm salad
11-12	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori LOW FAT		
2-2.30	MOT 30 gm Vegetable 150-200 gm Vegetable SALAD	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe	CHANA 30 gm vegetable 150-200 gm
	WATERMELON /SUNFLOWER/PUMPKIN SEEDS one spoon		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
8.00-8.30	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)
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