

WEEK 1 22/7

Timing	Monday/Wednesday/Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30 gm + paneer 20n gm + Curd one katori Vegetable 150-200 gm Vegetable upma	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli + Curd one katori	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha + Curd one katori
12-1	COCONUT WATER/lemon water/ buttermilk/plain water + one spoon 10gm soaked chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate		
3pm	सौंफ + अलसी(flax seeds) one spoon each		
4pm	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7-7.30 pm	Dalia 40gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi make it semi solid	Oats 40 gm + paneer 30gm Vegetable 150+200 gm semi solid	Plain Dalia 40gm Tuvar dal palak tomatoes dal bhaji
10-10.30	Milk 100ml turmeric		