

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	Moong dal 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable appe	Masoor dal 50 gm Vegetable 150-200 gm Masoor dal vegetable Appe or Dosa	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha
12-1	Mix seeds one spoon		
1-2.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm (2 KATORI) Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
If needed	One handful sweet corn	One handful popcorn	One handful makhana
5-5.30 6PM	Fruits 100gm + one spoon 10gm chia seeds soaked ONE CUP GREEN TEA		
7.00-7.30 Be punctual for dinner	Rice 60gm+ moong dal 30gm Vegetable 150+200 gm Make rice moong dal vegetable khichdi	Oats 60 gm + paneer 30gm Vegetable 150+200 gm upma	Roti 60gm Tuar dal palak tomatoes dal bhaji
10-10.30	Cow Milk 100ml turmeric or vegetables soup		

WEEK 1