

**Diet plan 1 (15 day)**

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7.00AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder + 5-6 spoon of honey + <b>One dry fruit Ladoo</b>		
8.00am	One cup milk and two atta bread apply peanut butter		
9.00	1) Aloo Poha and chana one plate one boiled egg  <b>Or 2) 2 Bread + vegetable two egg omelet apply ghee on bread</b>  <b>Or one boiled egg + bread pakora stuffed with aloo</b>	2-3 sabudana vada /sambar vada one boiled egg  and curd (add gud)  <b>Or</b> Upma one plate and dahi + one boiled egg	Two aloo paratha and curd (add gud) one boiled egg  Or Two puri and aloo ki sabji and dahi
12- 1	Tea with marie biscuits		
	Phutana + gud one handful	Pohe ka chivda	Popcorn one plate
2pm lunch	<b>Two roti / wheat /bajra/ jowar add ghee</b> One katori dal add ghee + Sabji + Rice adds ghee		
4pm	Two kaju katali + fruit	Fruit shake one glass	Seavai khir + fruit
5pm	Mix seeds one spoon ( pumpkin /watermelon/sunflower/ flax seeds )		
8pm -	Two and half roti + One katori dal add ghee + Sabji		
12 pm	Two and half roti + One katori dal add ghee Sabji + Rice adds ghee One cup 150 ml of whole milk + add gud		

