

Plan 2 (1/5/23-15/5/23)

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 + One dry fruit Ladoo + one cup of milk		
8.00am	Three atta bread apply peanut butter		
9.00 -10	1) Three sambhar wada Or 2) Two panner parathas and curd	4-5 idli and vegetable sambhar Or Poha one plate and chana one plate	Three mixes veg paratha and curd (add gud) Or Two roti and aloo ki sabji and dahi
9.00-10	Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		
12- 1	Two boiled eggs		
2pm lunch	4-5 roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice two katori adds ghee		
4pm	One katori bansudi/ three rasgulla	one plate lauki sheera/ fruit shake	Seavain khir / halwa
5pm	Tea + two Mari biscuit		
7pm	Fruit shake or smoothie add seeds		

8pm	4-5 roti One katori dal add ghee Sabji(chicken / mutton /fish/panner) + Rice adds ghee
10 pm	+ one cup 150ml of whole milk