

**Plan 3 16/5/23**

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 sabudana wada <b>Or</b> 2) Two panner parathas and curd	3-4 plain Dosa Vegetable sambhar <b>Or</b> 3-4 sambhar wada	Three mixes veg paratha and curd (add gud/ honey)  Or Four palak puri and malai dahi
9.00-10	Prohance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		
12- 1	Two boiled eggs vegetable omelette		
2pm lunch	4-5 roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice two katori adds ghee		
4pm	Three kakaralli	Three anjeer burfi/ fruit shake	Mishti dahi
5pm	Tea + 4-5m 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

#### Plan 4 (3/6/23)

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 + two dry fruit Ladoo + one cup of milk		
8.00am	Three atta bread apply peanut butter / two banana dry fruits milk seeds shake		
9.00 -10	1) Two bread pakoda and curd <b>Or</b> 2) 3-4 cheese paratha and curd <b>Or</b> 3) 3-4 panner paratha	4-5 idli and vegetable sambhar or sambhar wada <b>Or</b> Upma one plate and chana one plate	Three mixes veg paratha and curd (add gud) <b>Or</b> 3-4 puri choely or aloo sabji
9.00-10	Perchance active (pharmacy) 2 spoon+ one cup 150ml of whole milk		
12- 1	Three boiled eggs two brown bread with peanut butter		

2pm lunch	5-6 roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice two katori adds ghee		
4pm	Four kaju katali	Aam Raas	Fruit shakes add dry fruits
5pm	Tea + four mari biscuit		
7pm	Chivda/ makhana, popcorn,		
8pm	5 roti One katori dal add ghee Chicken 200gm (6-7 pieces) sabji+ Rice adds ghee	5 roti 2 katori dal add ghee Panner sabji+ Rice adds ghee	5 roti One katori dal add ghee Egg bhurji sabji+ vegetable pulav
10 pm	+ one cup 150ml of whole milk		

#### Plan 5

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 / two banana dry fruits milk seeds shake		
9.00 -10	1) vegetable vada sambhar Or 2) aloo panner paratha and curd	Three panner paratha Curd Or Upma one plate and chana one plate	Three mixes veg paratha and curd (add gud) Or Panner vegetable roll
9.00-10	Perchance active (pharmacy) 2 spoon+ one cup 150ml of whole milk+ add gud		
12- 1	Two boiled eggs /		
2pm lunch	5-6 roti / wheat /bajra/ jowar add ghee One katori dal add ghee Sabji + Rice two katori adds ghee		
4pm	Faluda	Three sandesh / fruit shake	halwa
5pm	Tea + two mari biscuit		
7pm	Fruit shake or smoothie add seeds / corn butter salad / chilli panner		
8pm	5-6 roti One katori dal add ghee Chicken sbji+ Rice adds ghee	5-6 roti One katori dal add ghee Fish sabji+ Rice adds ghee	5-6 puri One katori dal add ghee choely sabji+ vegetable pulav
10 pm	+ one cup 150ml of whole milk		

## Plan 6

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  <b>Or</b> 2) Two panner parathas and curd	4-5 idli and vegetable sambhar  <b>Or</b> Poha one plate and chana one plate	Three mixes veg paratha and curd (add gud)  <b>Or</b> 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