

WEEK 1 15/7

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 10 am	Rava 30 gm + mot sprouts20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50 gm Vegetable 150-200 gm usal / Moong dal vegetable Appe or Moong dal idli or sauteed	Poha 30 gm vegetable 150-200 gm Poha Two boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful phutana	One handful roasted jowar lahi	One handful popcorn
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Dalia 30gm+ moong dal 60gm Vegetable 150+200g Make Dalia moong dal vegetable khichdi or Rice + moong dal 60gm Vegetable 150+ 200 gm rice moong dal vegetable khichdi	Oats 60 gm + choely 30gm Vegetable 150+200 gm OR two roti + paneer sabzi Vegetable 150+200g	Chicken 100gm (4 medium sized pieces in very less oil) + Two roti + Vegetable 150+200g or two roti + three katori dal bhaji Vegetable 150+200g
10-10.30	Vegetable soup		

