

WEEK 1 1/7

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 Vegetable 150-200 gm Vegetable upma ONE EGG WHITE	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli or sauteed ONE EGG WHITE	OATS 30 gm vegetable 150-200 gm OATS 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		
2.00	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00 -8.30	Dalia 30gm+ moong dal 60gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi or Rice + moong dal 60gm Vegetable 150+ 200 gm rice moong dal vegetable khichdi	Oats 60 gm + paneer 30gm Vegetable 150+200 gm or two roti + paneer sabji	Chicken 100gm (4 medium sized pieces in very less oil)+Two roti + vegetable salad or two roti + three katori dal bhaji
10-10.30	Milk 100ml turmeric		