WEEK 1 1/7

Vegetable 150-200 gm Vegetable upma ONE 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 GPM OATS Two boiled egg whit OATS Tour boiled egg whit	Timing	Monday/Wednesday/	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		Saturday			
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WHITE Moong dal idli or sauteed ONE 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 Oats 60 gm + paneer 30gm Chicken 100gm (4		Vegetable 150-200 gm	Vegetable 150-200 gm	vegetable 150-200 gm OATS	
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	6PM	ONE CUP GREEN TEA			
	7.00 -8.30	Dalia 30gm+ moong dal	Oats 60 gm + paneer 30gm	Chicken 100gm (4	
Vegetable 150+200 gm		60gm Vegetable 150+200	Vegetable 150+200 gm	medium sized pieces in very less oil)+Two	
or two roti + naneer sahii roti + vegetable sala			or two roti + paneer sabji	roti + vegetable salad	
Make Dalia moong dal vegetable khichdi or		•	, ,	or	
or Rice + moong dal 60gm two roti + three kato		or Rice + moong dal 60gm		two roti + three katori	
Vegetable 150+ 200 gm dal bhaji				dal bhaji	
rice moong dal vegetable khichdi					
10-10.30 Milk 100ml turmeric	10-10.30	Milk 100ml turmeric			