

WEEK ONE 29/7

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
7-8.30a	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
10-- 10.30.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
1-1.30	Green tea / ginger tea /black tea /rose tea		
2-3 pm	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa	Two vegetable moong dal idli and chana dal +curd chutney Or Two Dosa +curd chutney	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha Or black chana 30gm usal with vegetable
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	Mix seeds one spoon (watermelon + sunflower + pumpkin)		
5.00-5.30	Dalia/rice 50 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi	Oats/roti 50 gm + paneer 50gm Vegetable 150+200 gm Oats paneer upma or roti and paneer bhurji	Jowar Roti 60gm Tuar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji
10-10.30	Milk 100ml turmeric or vegetable salad or protein supplement		