

WEEK ONE

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
11am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
11 am	7-8 almond and one walnut, one anjeer soaked overnight		
12- 1am	Rava 30 gm+ paneer 20gm  Vegetable 150-200 gm  Vegetable upma  <b>Or</b> Rava paneer idli  <b>Or</b> Rava paneer dosa	Two vegetable idli and chana dal +curd chutney  Or  Two Dosa +curd chutney	Moong 50 gm steamed sauté usal vegetable 150- 200 gm
2.30	Vegetable salad 150 gm- 200 gm + Curd one katori <b>make steam koshimbir</b>		
3-3.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti  Dal 30gm  Sabji one plate		
4-4.30	सौंफ + अलसी( flax seeds) one spoon each		
6-6.30	Fruits 100gm		
7PM	ONE CUP GREEN TEA + handful of phutana / makhana/ jowar lahi		
9.00-7.30	Dalia/kodo rice 40 gm+ moong dal 30gm Vegetable 150+200 gm <b>Make Dalia/rice moong dal vegetable khichdi semi solid</b>	Oats 40 gm+ paneer 30gm  Vegetable 150+200 gm  <b>Oats paneer upma make semi solid</b>  <b>or roti and paneer bhurji</b>	Jowar Roti 40gm  Tuar dal 30gm palak tomatoes dal bhaji  <b>Roti and dal bhaji</b>
12-12.30	Vegetable soup if needed		

