

WEEK ONE 21/7

| 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 | | |
| 9- 10 am | Rava 30 gm+ paneer 30gm + Curd one katori Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa | Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney | Poha 30 gm +Black chana 30 gm steamed sauté usal vegetable 150-200 gm Poha + Curd one katori |
| 12-1 | COCONUT WATER/lemon water/buttermilk/ plain water + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150 gm- 200 gm | | |
| 2-2.30 | Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 30gm Sabji one plate | | |
| 3-3.30 | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA + handful of phutana / makhana | | |
| 7.00-7.30 | Dalia/rice 40 gm + moong dal 60gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi | Oats/roti 40 gm+ paneer 60gm Vegetable 150+200 gm Oats paneer upma or roti and paneer bhurji | Roti 40gm Tugar dal 60gm palak tomatoes dal bhaji Roti and dal bhaji |
| 10-10.30 | Milk 100ml turmeric | | |