

WEEK 1 5/8

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 steamed and sauteed / Moong dal vegetable Appe or Moong dal idli or sauteed ONE EGG WHITE	OATS 30 gm+ 50ml milk + one spoon chia seeds + above dryfruits soaked overnight Or vegetable 100 gm oats 30 gm upma and Two boiled egg white
When you feel hungry	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds (optional)		
2-2.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
When you feel hungry	Fruits 100gm (compulsory) ONE CUP GREEN TEA		
8.00 -8.30	Rice/ or quinoa 30 gm moong dal 60gm Vegetable 150+200 gm Make rice / or quinoa moong dal vegetable khichdi	Oats 60 gm + paneer 60gm 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(30gm) bhaji
10-10.30	Milk 100ml turmeric		