

WEEK ONE

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+ soy 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	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha  Or black chana 30gm usal with vegetable
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm+ Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti  Dal 20gm  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 30gm Vegetable 150+200 gm <b>Make Dalia/rice moong dal vegetable khichdi</b>	Oats/roti 40 gm+ paneer 30gm  Vegetable 150+200 gm  <b>Oats paneer upma or roti and soy paneer bhurji</b>	Roti 40gm  Tuar dal 30gm palak tomatoes dal bhaji  <b>Roti and dal bhaji</b>
10-10.30	Milk 100ml turmeric		

