

WEEK 1 19/8

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon juice one spoon +Pinch of dalchini powder		
	7-8 almond soaked overnight and remove its skin and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma/idli + One boiled egg white	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli/ moong salad One boiled egg white	Poha 30 gm +Black chana 20gm steamed sauté vegetable 150-200 gm Poha One boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon soaked 30min one spoon 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		
	सौंफ + अलसी( flax seeds) one spoon each		
	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30	Fruits 100gm		
6pm	ONE CUP GREEN TEA		
7.00-7.30	Chicken 100gm (4 medium sized pieces in very less oil) + Rice 30gm + vegetable salad <b>or</b> Dalia 30 gm + moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi	Oats 30 gm+ paneer 30gm Vegetable 150+200 gm Oats vegetable upma	Chicken 100gm (4 medium sized pieces in very less oil) + one roti + vegetable salad
10-10.30	Milk 100ml turmeric		