

week 1 19/8

	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7-8am	One glass of water + lemon ONE spoon +Pinch of dalchini powder		
Before gym	7-8 almond and one walnut, overnight soaked roasted khaskhas half teaspoon One apple		
9.30-10 am	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma + Curd one katori	Moong sprouts 50gm Vegetable 150-200 gm Moong dal vegetable salad one plate + Curd one katori	Poha 30gm + black chana vegetable 150-200 gm Poha + Curd one katori
12-1	COCONUT WATER/lemon water/buttermilk(optional)		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Two Wheat /jowar/bajra/ ragi (60gm) roti Dal 20gm + Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
U can carry	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7pm	Two boiled egg vegetable salad 100gm		
7.30-8.00	Dalia 40gm + moong dal 30gm Vegetable 150+200g Dalia Moong dal vegetables khichdi Or Two Roti and Three katori सब्जियों ki dal Jayada vegetables daliya	Oats 40 gm+ paneer 30gm Vegetable 150+200 gm upma Or Two roti and paneer vegetables sabji	Two roti moong dal 30gm Vegetable 150+200 gm gm Dal bhaji
10-10.30	Milk 100ml turmeric without sugar		

