

Week 1 19/8

Timing	<b>Monday to sunday</b>
Morning 7pm	One glass of water + lemon juice one spoon (optional)+ jeera powder pinch of
Mid-Morning 9-9.30	8-10 Almond + One Walnut 5-6 Manuka <b>soaked</b>
Breakfast 10am 11am	One guava (jam /Peru) or pear <b>any fruit 100gm</b> Coconut water
Mid meal 2pm	One bowl vegetable salad + curd and <b>Moong/barbati 30-40 gm</b> steamed and sauteed +Vegetable kadhi (curd 25gm low fat + besan 10 gm + vegetables 50gm) <b>Or</b> <b>4 Egg (3 white +1 full) vegetable 200 gm make bhurji in less oil + one roti</b>
Lunch 4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
optional	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have or apple cider vinegar <b>Mix seeds one spoon compulsory</b>
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-7 pm	<b>Option 1</b> Paneer 100 gm vegetables (mushrooms/green onion/beans /simla Mirch) sautéed + <b>one small bowl rice</b> <b>Option 2</b> Soya chunks 30gm + mot sprouts 30gm (mushrooms/green onion/beans /simla Mirch) sautéed ( <b>avoid if thyroid</b> ) <b>one small bowl rice</b> <b>Option 3-chick peas 50gm + two boiled egg vegetable salad one small bowl rice</b>

	<b>Option 4- fish/ chicken grilled 200gm- 250gm vegetable salad one small bowl rice</b>
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Timing	<b>Thursday / friday / sunday</b>
Morning 7pm	One glass of water + lemon water(optional)+ saunf water
Mid-Morning 9-9.30	8-10 Almond + One Walnut
Breakfast 10am 11am	One guava/ papaya 100gm/ pear Coconut water
Mid meal 2pm	One bowl sprouts 30 gm vegetable salad + curd <b>or</b> Vegetable kadhi (curd 25gm low fat + besan 10 gm + vegetables 50gm)+ one small roti 30gm <b>Or paneer 60gm vegetable bhurji + one roti</b>
4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup /plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	<b>Option 1</b> Panner 100gm vegetables salad 200gm one <b>small bowl rice</b> <b>Option 2</b> panner 50gm + chana 40gm vegetable salad <b>Option 3</b> Shrimp 200gm vegetable salad one <b>small bowl rice</b> <b>Option 3</b> vegetable salad 100—150 gm one <b>small bowl rice + 4 egg white</b>