

WEEK ONE 2/9

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		
Break fast	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa	Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha Or black chana 50gm 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		
1.30-2.00	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 60 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi	Oats/roti 60 gm+ paneer 30gm Vegetable 150+200 gm Oats paneer upma or two roti and paneer bhurji	Roti 60gm Tuar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji Or 4-5 idli and vegetable sambar
10-10.30	Milk 100ml turmeric		

