

WEEK 1 16/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7-8.30am	Rava 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1.30-2 pm Before lunch	Vegetable salad 150gm- 200 gm+ Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA before exercise		
7.00-7.30	Dalia 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 40gm+ panner 30gm Vegetable 150+200gm	Plain Dalia 40gm Tuar dal palak tomatoes dal bhaji
10-10.30	Milk 100ml turmeric		

