

WEEK ONE 18/9

Timing	Monday/Wed/ 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		
9- 10 am	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma Make Or Rava paneer idli Or Rava paneer dosa	Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney Or moong sprouts 50gm vegetable salad steamed	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha Or black chana 50gm usal with vegetable
Hungry	1)buttermilk + one spoon 10gm chia seeds 2) coconut water		
1-1.30	Vegetable salad 150 gm- 200 gm+ Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti + Dal 20gm(3 katori)Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
When feel hungry	Fruits 100gm ONE CUP GREEN TEA/black coffee /black tea + handful of phutana / makhana / popcorn / phutana		
7.00-7.30	Dalia/rice 50 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi	Oats/roti 50 gm+ paneer 60gm Vegetable 150+200 gm Oats paneer upma or roti and paneer bhurji	Roti/rice 50gm Tuvar dal 30gm palak tomatoes dal bhaji Roti/rice and dal bhaji
10-10.30	Milk 100ml turmeric pinch of		