

WEEK ONE 30/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
4 am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
5.00 am	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
10 am	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 Or mot sprouts 50gm vegetable 150-200 gm	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha Or black chana 50gm usal with vegetable
12-1	Soya milk 200ml without sugar /buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Sama rice / brown rice 40 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi or Jowar Bajra/Ragi/Wheat / (60gm) roti + Dal 20gm Sabji one plate	Oats/roti 40 gm+ paneer 30gm Vegetable 150+200 gm Oats paneer upma or roti and paneer bhurji Or Jowar / Bajra/Ragi/Wheat / (60gm) roti + Dal 20gm Sabji one plate	Roti /jowar dalia 40gm Tubar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji or 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		
7.00-7.30	Sama rice / brown rice 40 gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia/rice moong dal vegetable khichdi	Oats/roti 40 gm+ paneer 30gm Vegetable 150+200 gm Oats paneer upma or roti and paneer bhurji	Roti /jowar dalia 40gm Tubar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji
10-10.30	Milk 100ml turmeric		

