

WEEK 1 14/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon juice one spoon +Pinch of dalchini powder		
	7-8 almond soaked overnight and remove its skin and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30am	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma One boiled egg	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli/ moong salad One boiled egg full	Poha 30 gm +Black chana 20gm steamed sauté vegetable 150-200 gm Poha One boiled egg
12-1	COCONUT WATER/lemon water/buttermilk + one spoon soaked 30min one spoon chia seeds		
1.30-2	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
4pm	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Chicken 100gm (4 medium sized pieces in very less oil) + Rice 30gm + vegetable salad or Dalia 30 gm + moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi	Oats 30 gm+ paneer 30gm Vegetable 150+200 gm Oats vegetable upma Or two roti +(dal 30g + vegetable 150-160gm) Make dal bhaji(4-5 katori)	Chicken 100gm (4 medium sized pieces in very less oil) + one roti + vegetable salad or three egg white vegetable 150g bhurji and roti
10-10.30	Milk 100ml turmeric		

