

WEEK 1 21/10

Timing	Monday/Wednesday/Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer overnight soaked, roasted khaskhas half teaspoon		
9-10.30	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma One boiled egg white	Moong dal 30 gm + PANEER 20GM Vegetable 150-200 gm SALAD OR Moong dal vegetable Appe or Moong dal idli one boiled egg white	Poha 30g vegetable 150-200 gm Poha Two boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds soaked 15-20 min		
1-1.30	Vegetable salad 150 gm- 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		
	One handful phutana	One handful POPCORN	One handful makhana
5-5.30	Fruits 100gm + MIX SEEDS (WATERMELON + SUNFLOWER+PUMPKIN)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Dalia/ CHICKPEAS PASTA 50 gm + moong dal 40 gm /PANEER 50GM Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi OR Make JOWAR ROTI + moong dal Vegetable 150-200 gm DAL BHAJI	Oats 60 gm+ paneer 30gm Vegetable 150+200 gm OR JOWAR/Ragi (40GM) ROTI ONE AND PANEER 50GM VEGETABLE 150GM BHURJI	Chicken 100gm (4 medium sized pieces in very less oil)+ONE roti Vegetable 150-200 gm OR Oats/Bhagar 60 gm+ paneer 30gm Vegetable 150+200 gm upma
10-10.30	Milk 100ml turmeric		