

Week 1 28/10

Timing	Monday/Thursday /Saturday	Tuesday Wednesday	Friday/Sunday
5-6 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka + pinch of khaskhas roasted		
9.30-10.30 AM	Mot sprouts dal 50 gm One bowl of Vegetable 100-150 gm steamed and sauteed Vegetable usal	Poha 30 gm + paneer 30gm /chana 20gm Vegetable 100-150 gm Vegetable poha	Rava 30 gm vegetable rava upma + Or Rava veg uttapam
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00-2pm	One katori vegetables 100gm + curd 50gm		
2pm	Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm)+One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7.00-7.30PM	KUTTU ATTA/JOWAR (60) Roti two + Paneer 50 gm + vegetable 150-160 gm bhurji	Dalia/BROWN RICE 30 gm Moong dal 50 gm vegetable 150-160 gm Dalia /khichdi kadhi Or Rice 30gm + 3 egg white + one full BOILED vegetable 150-160 gm pulao	Oats / QUINOA /BHAGAR 50gm Panner 60gm vegetable 150-160 gm Oats paneer upma Or Chicken 100 gm 4 pieces without gravy vegetable 150-160 gm One roti
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		