

WEEK ONE 21/10

Timing	Monday/Wednesday/Friday	Tuesday/ Thursday	saturday /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 roasted khaskhas half teaspoon + one fruit		
9- 10 am	Makana one bowl	Makhana one bowl + mix seeds one spoon (pumpkin watermelon sunflower flax seeds)	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha Or black chana 30gm usal with vegetable Two vegetable idli and chana dal +curd chutney Or Two Dosa +curd chutney
	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
4-4.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
4-4.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
6PM	Black Coffee without sugar		
10.00-7.30	Dalia/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	Rice 50gm Tuvar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji
10-10.30	Milk 100ml turmeric		