

Week 2 28/10 (Diwali vacation)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /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 roasted khaskhas half teaspoon		
10 am	Oats 30gm+moong 20gm dosa +Vegetable 150-200 gm chana dal + curd chuteny	Three besan dhokla and pudina + curd chutney	Mot 50gm steamed sauté usal vegetable 150-200gm or Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma Or Rava paneer idli Or Rava paneer dosa
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / 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+ handful of phutana / makhana		
10.00- 10.30	Oats 60gm+ moong dal 30gm Vegetable 150+200gm Make oats moong dal vegetable khichdi	Rava 30 gm paneer 30gm Vegetable 150+200gm Rava panner uttapam	Rice 60gm +Masoor dal 30gm lauki tomatoes dal bhaji Rice and dal bhaji or chickpeas pasta 30gm + paneer 50gm vegetable 100gm
10- 10.30	Milk 100ml turmeric		