

WEEK 17 8/1

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
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| 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 | | |
| 10 am | Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma or Two boiled egg white Vegetable 150-200 gm | Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli/ moong salad or Two boiled egg whiteVegetable 150-200 gm | Poha 30 gm +Black chana 20gm steamed sauté vegetable 150- 200 gm Poha or Two boiled egg white Vegetable 150-200 gm |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon soaked 30min one spoon chia seeds | | |
| 1-1.30 | 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 | | |
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| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Chicken 100gm (4 medium sized pieces in very less oil) + rice 30gm + vegetable salad or Dalia 30gm+ 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 | Chicken 100gm (4 medium sized pieces in very less oil)+one roti vegetable salad |

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| 10-10.30 | |
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