



			/ for options						
Day	EARLY MORNING	A1	BREAKFAST	A2	LUNCH	A3	SNACKS	DINNER	A4
1	Water	Warm water Tea	Banana Salt and black pepper only 1pinch		Apple , papaya and your choice		pear	Anar papaya and more	Water
2			Lauki Boiled with tomato		Cabbage shimala and carrot veg sautta		lauki boiled	Bhendi	
3			Mix fruits and veg		Anar , pear and tomato Cooked veg			Pumpkin or drumstick with papaya	
4			Moong Boiled		MOong chilla with veg		Moong boiled	Salad with small quantity moong	
5			Grind raw chana and than roasted it in desi ghee	Lemon water / green tea	Chana chatt with tomato and onion green chilly if you eat		Chana humus pattis	Chana and veg	
6			Mix Chana and moong	Lemon water	Moong chilla with veg		moong chana mix	Moong chana Lauki soup	
7			Fruits	Lemon water /	2chapati +veg		salad	Veg soup	Papaya