

Total Calorie Count- 1450					
Day	Breakfast	Morning Snack	Lunch	Evening Snack	Dinner
Monday	2 multigrain Roti	Apple	2 multigrain roti	Roasted Poha chiwda	1 roti
	1.5 egg omlette	Curd 1 cup	Paneer vegetable sabji	Taak	Mixed vegetable sabji
			Cucumber onion salad		Cucumber tomato salad
Tuesday	5 Almond	Ripe banana	1 roti	Taak	1 roti
	Plain curd		Mugache varan	Sprouts paneer curd salad	Cucumber tomato salad
	Oats upma with sprouts		Mixed vegetable raita		Dal paneer masala
			Cucumber tomato salad		
Wednesday	4 idli	Plain curd	1 roti	taak	1 roti
	Paneer vegetable sambhar	Sweet potato boiled	palkache varan	Stir fried mixed sprouts	cucumber tomato salad
			plain curd		Soya chunks gravy
			Cucumber tomato salad		
Thursday	1 glass skimmed milk without sugar	apple	1 roti	Taak	1 roti
	vegetable poha	flax seeds 1 tbsp	palak paneer	Sprouts and vegetable salad	Matar Paneer
	mixed sprouts	Lukewarm lemon water	yogurt plain		Sprouts carrot Salad
			Cucumber tomato salad		
Friday	2 egg bhurji	plain curd	Chicken curry	Plain curd	1 roti
	1.5 roti	dalimba	white rice	Chole chaat	Soyachunks with gravy
			Cucumber onion salad		Cucumber beetroot salad
Saturday	Plain Dosa	Coffee with jaggery	1 roti	Taak	1 roti
	Sambar		Mugache varan	Mixed sprouts	Soyachunks with gravy
			Palak paneer		sprouts and vegetable salad with peanuts