

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30 to 10 am	Rava 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli	Poha 30 gm +Black chana 20gm steamed sauté usal vegetable 150-200 gm Poha
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1.30- 2.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti + Dal 20gm + Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful phutana	One handful roasted jowar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Dalia 40gm+ moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi	Oats 40 gm + paneer 30gm Vegetable 150+200 gm	Plain Dalia 40gm Tuvar dal palak tomatoes dal bhaji
10-10.30	Milk 100ml turmeric		

WEEK 1 14/10