



Manisha Mansukhani(Week1)

Aa Day	☰ Meal Type	☰ Meal Time	☰ DESCRIPTION
<u>Untitled</u>			
<u>Day_1</u>	Early Morning	7.30am	1 glass Jeera water Lemon + 3 Almonds + 3 Walnuts
<u>Untitled</u>	Breakfast	9.30 am	Apple Banana Smoothie in Almond Milk
<u>Untitled</u>	Mid morning	11.00 am	Lemon water + Fruit
<u>Untitled</u>	Lunch	1.30 pm	Roasted Brocoli Rice
<u>Untitled</u>	Mid evening	5.30 pm	Roasted Chana (1 bowl)
<u>Untitled</u>	Dinner	7.30 pm	Quinoa Salad (1 bowl)
<u>Untitled</u>			
<u>Day_2</u>	Early Morning	7.30am	Lukewarm Aijwan water (1 glass) + 2 Walnuts + 3 Almonds
<u>Untitled</u>	Breakfast	9.30 am	Green Oats Smoothie
<u>Untitled</u>	Mid morning	11.00 pm	Coconut water
<u>Untitled</u>	Lunch	1.30 am	Mushroom Sandwhich (1)

Aa Day	☰ Meal Type	☰ Meal Time	☰ DESCRIPTION
<u>Untitled</u>	Mid evening	5.30 pm	Bhel (1 bowl)
<u>Untitled</u>	Dinner	7.30 pm	Broccoli Soup (1 bowl)
<u>Untitled</u>			
<u>Day_3</u>	Early Morning	7.30am	1 glass Haldi Water + Lemon + Juice + 2 Walnuts + 3 Almonds
<u>Untitled</u>	Breakfast	9.30 am	ABC Smoothie
<u>Untitled</u>	Mid morning	11.00 pm	Lemon Water
<u>Untitled</u>	Lunch	1.30 pm	Lemon Rice Bowl
<u>Untitled</u>	Mid evening	5.30 pm	Fruit
<u>Untitled</u>	Dinner	7.30 pm	Besan Chilla
<u>Untitled</u>			
<u>Day_4</u>	Early Morning	7.30am	1 glass Jeera water + 2 Walnuts + 3 Almonds + Juice
<u>Untitled</u>	Breakfast	9.30 am	Blueberry Banana Smoothie
<u>Untitled</u>	Mid Morning	11.00 am	Lemon Water + Fruit
<u>Untitled</u>	Lunch	1.30 pm	Mushroom Merry Rice
<u>Untitled</u>	Mid Evening	5.30 pm	Fruit
<u>Untitled</u>	Dinner	7.30 pm	Green Mug Cheela
<u>Untitled</u>			
<u>Untitled</u>			
<u>Day_5</u>	Early Morning	7.30am	Chia seeds (1 tsp)+ lukewarm water + 2 Walnuts + 3 Almonds + Juice
<u>Untitled</u>	Breakfast	9.30 am	Vegan Hot Chocolate
<u>Untitled</u>	Mid Morning	11.00 am	Coconut Water
<u>Untitled</u>	Lunch	1.30 pm	Green Mushroom Omlette
<u>Untitled</u>	Mid Evening	5.30 pm	Roasted Chana (1 bowl)

Aa Day	☰ Meal Type	☰ Meal Time	☰ DESCRIPTION
<u>Untitled</u>	Dinner	7.30 pm	Pasta Salad (1 bowl)
<u>Untitled</u>			
<u>Day 6</u>	Early Morning	7.30am	1 glass Aijwan water + Coconut water + 2 Walnuts + 3 Almonds + Juice
<u>Untitled</u>	Breakfast	9.30 am	Fruity Rich Salad
<u>Untitled</u>	Mid Morning	11.00 am	Lemon Water + Fruit
<u>Untitled</u>	Lunch	1.30pm	Rich Spinach Corn Rice Bowl
<u>Untitled</u>	Mid Evening	5.30 pm	Makhana
<u>Untitled</u>	Dinner	7.30 pm	Oats Cheela
<u>Untitled</u>			
<u>Untitled</u>			