

Days	Early Morning	Quantity
Mon	Almonds(Soaked in water),Banana	4-6,1-2
Tue	Almonds(Soaked in water),Banana	4-6,1-3
Wed	Ice-Coffe,Banana	1 cup,1-4
Thu	Ice-Coffe,Banana	1 cup,1-4
Fri	Almonds(Soaked in water),Banana	4-6,1-6
Sat	Mix-Fruits	1 Bowl
Sun	Mix-Fruits	1 Bowl

# For 28 Days

BreakFast	Quantity
Brown Bread/Daliya/Oats/Panner/Egg ,Milk/Lassi	2-3 piece/1 Bowl
Brown Bread/Daliya/Oats/Panner/Egg ,Milk/Lassi	2-3 piece/1 Bowl
1 Glass Milk , Corn Flakes	1 Bowl
1 Glass Milk , Corn Flakes	1 Bowl
Brown Bread/Daliya/Oats/Panner/Egg ,Milk/Lassi	2-3 piece/1 Bowl
Butter Jam Bread / Omelet,milk	2-4/1 Glass
Butter Jam Bread / Omelet,milk	2-4/1 Glass

Lunch	Quantity	Snacks
Chapatti/Rice,Dal,Vegetable	2-3 / 1-2 bowl	Banana/Bhelpuri/upma
Chapatti/Rice,Dal,Vegetable	2-3 / 1-2 bowl	Banana/Bhelpuri/upma
Chapatti/Rice,soya and salad	2-3 / 1-2 bowl	Tomato Soup
Chapatti/Rice,Dal,Green Peas Salad	2-3 / 1-2 bowl	Burger
Chapatti/Rice,Dal,Vegetable	2-3 / 1-2 bowl	Mix-Fruit Juice
Paratha/Rice,Dal,Leafy Vegetable	2-3 / 1-2 bowl	Patato Paratha
Paratha/Rice,Dal,Fish	2-3 / 1-2 bowl	Patato Paratha

Dinner	Quantity
Chapatti/Rice/Dal/Non-veg/curd	3-4/2 Bowl each
Chapatti/Rice/Dal/Non-veg/curd	3-4/2 Bowl each
Chapatti/Rice/Dal/Soyabeen/curd	3-4/2 Bowl each
Chapatti/Rice/Dal/Paneer	3-4/1 Bowl each
Chapatti/Rice/Dal/Leafy Veg/Curd	3-4/2 Bowl each
Chapatti/Rice/Dal/Mushroom	3-4/1 Bowl each
Chapatti/Rice/Dal/Non-veg/curd	3-4/2 Bowl each

## Bedtime

[illegible]