			BREAKFA
SL NO.	DATE	TIME	ST
		6:30 AM	1 GLASS
			MILK
			CHANE &
		7:30 AM	SOYABEE
			N
		10:00 AM	FRUITS
12	1/6/2021	12:00-1:00PM	
			LUNCH
			CHOLLE
			& 2 ROTI
		3:00 PM	FRUITS
		7:00-8:00 PM	TYORE &
			2 LOKI
		8:30 PM	1 GLASS
			MILK