

Meal plan

Bed time 7:00 am	1 esp flaxseed power with 2glass of water
after 20 min	1 cup ginger tee 5overnight soaked almond 25g kismiss 2-3 dates
Break-fast 9:30am	1 bowl masal oats 2 panir stuffed paratha & butter 80g home made panir (cow / toned milk)
Mid-morning 11:30am	2 tsp bantey power dilute 1glass of normal water + lemon Or 1 banana or/ 1apple or/ orange
Lunch 1:30pm	3 Chapati (multigren flower) 1 bowl brown rice 1 bowl Dal 1 bowl any green bhaji 1 bowl Salad
Tea time 4:00pm	1 cup milk 2 Thripan biscuits

Soup time 6:00pm	2 Ragi biscuits Or / Tomato soup 4boiled eggs (only white part)
Dinner time 9:30pm	1 bowl veg. Daliya Or / 1 bowl Upma 1 bowl Salad
Before bed	1 cup milk 1 walnut