

Diet Plan

Thursday 16-05-2019

Breakfast(8:00 Am)

Mid Morning(10:30 Am)

With Tentsuyu , Herb Coated Mushrooms With Cheese Sauce , Barley Risotto

Lunch(1:00 Pm)

Fantastic Flourless Chocolate Cake , Hot And Sour Soup , Khakra Canapes

High Tea(3:00 Pm)

Cheese Sauce , Fantastic Flourless Chocolate Cake

Snack(4:30 Pm)

Dinner(8:30 Pm)

Early Morning(6:00 Am)

Friday 17-05-2019

Lunch(1:00 Pm)

, Vratwale Dahi Aloo , Egg And Garlic Fried Rice

Dinner(8:30 Pm)

Snack(4:30 Pm)

Dosa

High Tea(3:00 Pm)

Hot Fruit Punch , Hot Tuna Sandwich , Kesar Pista Phirni , Khakra Canapes

Mid Morning(10:30 Am)

Breakfast(8:00 Am)

Dosa , Nacho Chips , Gooley S'mores Pie , Moong Dal Samosa , Gajar Ka Halwa With Coffee
Gulab Jamun , Watermelon Ice

Early Morning(6:00 Am)

Fantastic Flourless Chocolate Cake , Barley Risotto , Hassel Back Sweet Potatoes

Saturday 18-05-2019

Early Morning(6:00 Am)

, Tofu Kofta , Kadha Prasad

Breakfast(8:00 Am)

Almond Milk , Ragi Coconut Ladoo (Laddu) , Shakshuka , Kairi Aani Kothimbiricha Tikhat Jam
(Spicy Raw Man , Arbi Kaju Ki Tikki , Kesar Pista Phirni

Mid Morning(10:30 Am)

Lunch(1:00 Pm)

, Dahi Shorba , Mirchi Bajji , Greek Salad With Lemon Dressing , Pickled Beetroot With Feta

High Tea(3:00 Pm)

Fantastic Flourless Chocolate Cake

Snack(4:30 Pm)

Dip , Samak Dosa , Fantastic Flourless Chocolate Cake

Dinner(8:30 Pm)

Fry , Khajoor Rolls , Spicy Paneer Tikka , Banana Milkshake , Kesar Pista Phirni