

WEEK 2 (1 April)

TIMING	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Oat 30gm One bowl of Vegetable 100-150gm salad Vegetable chilla	Mot 30gm Vegetable 100-150gm vegetable poha	Rava 30gm Vegetable salad 100-150gm Vegetable UPMA
12.00	Buttermilk 200ml+ chia seeds 5gm		
1.00 2.00pm	One katori vegetables 100gm + curd 50gm Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
6.00- 6.30PM	Dalia30gm Moong 50gm vegetable bhaji	Samai rice 50 gm Panner 30gm Vegetable khichadi Kadhi	Oats 50gm Vegetable Soya chunk 30gm Vegetable sabji
10.30 Pm	One cup(100ml) of milk no sugar/no malai or vegetable soup		

