

WEEK 3 (8April)

TIMING	Monday/Wednesday/Saturday	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + One spoon of lemon juice + one spoon of saunf soaked overnight		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Masoor dal 30gm Soaked Steamed and sauteed One bowl of Vegetable 100-150gm salad Vegetable masoor chilla	barbati 30gm Soaked Steamed and sauteed Vegetable 100-150gm	Three egg white Vegetable (beet root or mushroom) salad 100-150gm Beet root or mushroom omelette
12.00	Buttermilk 200ml+ chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.00pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori 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	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
6.00-6.30PM	3-4 vegetable idli Dal 30gm vegetable sambhar	3plain dosa Dal 30gm vegetable sambhar	Sewaie 40gm Vegetable100-150gm panner 30gm Make upma
10.30 Pm	One cup(100ml) of milk no sugar/no malai		