

WEEK 4 (15 April)

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	Moong dal 30gm Soaked Steamed and sauteed One bowl of Vegetable 100-150gm salad Vegetable chilla	3-4 besan dhokla Vegetable 100-150gm Soaked Steamed and sauteed	choely 30gm Soaked Steamed and sauteed Vegetable salad 100-150gm Vegetable salad
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 One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water Saturday is liquid day		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
6.00- 6.30PM	3-4 vegetable idli Dal 30gm vegetable sambhar	3plain dosa Dal 30gm vegetable sambhar	Sewaie 50gm Vegetable100-150gm panner 30gm Make upma
10.30 Pm	One cup(100ml) of milk no sugar/no malai or vegetable soup		