

Week4(20/5/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + pinch of jeera powder + lemon juice one spoon optional		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30_10	Ragi 30gm+wheat 30gm roti dal 30gm add Sabji dal bhaji	Two small wheat roti 60gm + moong dal cauliflower sabji 30gm sabji	Jawar roti 60gm Chana dal 30gm sabji
In between	Buttermilk 500ml+ chia seeds		
1pm	Barbati 30gm Soaked steam and sauteed Vegetable salad	Masoor sprouts 40gm Vegetable salad	murmure one handful and roasted peanut half hand ful Vegetables make bhel
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		
6.30-7PM	Rice 30gm Panner 50gm vegetable panner pulao one katori kadhi	Rava 30 gm+ moong dal 30gm panner30gm Vegetable200gm uttapam Chana dal chutney	Oats atta 30gm+ besan 30gm roti +Panner 30gm vegetable 150-200 g bhurji
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		