

Week 2 (13/5/23)

	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
6-7	One glass of water + One spoon Saunf soaked overnight		
7-8	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Post work out	Protein supplement or		
8.00-9.30AM	Moong sprouts 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable	Mot sprouts 30gm soaked steamed sauteed Vegetable 100-150gm vegetable salad	Two boiled egg white vegetable salad
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00pm	One katori vegetables 100gm + curd 50gm		
2-3	Wheat roti 60gm Dal 20gm Sabji one plate	Ragi atta 40gm + besan 20gm +vegetable 50gm	Jawar /bajra 60gm Dal 20gm Sabji one plate
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		
Saturday is liquid day			
7.00-8.30PM	Moong dal vegetable 60gm vegetable 150-160 gm chilla with pudina chutney	Stuffing Sauteed Panner 30gm vegetable 150-160 gm Two atta bread sandwich Vegetable soup	Oats 30gm Moong dal 60gm Vegetable khichadi Vegetable soup
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		