

Week 3 – (20/5/23)

Timing	Monday/Wednesday	Tuesday/Thursday	Sunday
8.30am	One glass of water + One spoon dhania seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Post work out	Protein supplement or		
9.30-10.30AM	One cup of milk And fruit	Massor sprouts 30gm soaked steamed sauteed Vegetable 100-150gm vegetable salad	Two boiled egg white vegetable salad
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm +besa 30gm Vegetable100-150gm khichadi	Three idli vegetable sambhar Vegetable100-150gm
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		
	Saturday liquid day 1/ Friday-egg day on one day		
7.30-9.00PM	Moongdal-50gm+ 10g rice (one spoon raw) Vegetables-150-160gm Make veg dal khichadi	30gm panner + chick peas 30gm salad with add vegetables	Masoor dal sprouts 30gm chilla Stuffed with + Panner 60gm Vegetable salad
10.30 Pm	Or vegetable soup		