

Week4 27/5/23

Timing	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
8.30am	One glass of water + One spoon of lemon juice one spoon dhaniya		
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	And fruit	100gm of fruit	Two boiled egg white vegetable salad
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	30gm mix dal vegetable sambhar Vegetable100-150gm Jawar roti 30gm 30gm dal Vegetable100-150gm	Oats 30gm + besan 30gm Vegetable100-150gm Chilla +one boiled egg	Jawar 30gm 30gm dal Vegetable100-150gm
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8PM	30gm mix dal vegetable sambhar Vegetable100-150gm Kodo rice 30gm 30gm dal Vegetable100-150gm	Three moong dal chilla and pudina chutney	Two plain dosa Vegetable sambhar
	Saturday liquid day		