

3Week 20/5 23

| Timing        | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday  | Friday /Sunday   |
|---------------|---|--|--|
| 6-7am         | One glass of water + lemon water +Pinch of roasted jeera powder                                 |  |  |
| 7-8.30a       | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon                            |  |  |
| 10 am         | MOONG DAL 30gm<br>CHILAA + stuff with<br>panner20gm<br>Vegetable 150-200 gm<br>Make chilla roll | Choely 30g<br>Soaked steamed and<br>sauteed with vegetable<br>100-150gm  | Black chana 30gm steamed<br>sauté usal vegetable 150-<br>200gm   |
| 12-1          | COCONUT WATER/lemon water/buttermilk<br>+ one spoon 10gm chia seeds                             |  |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori   |  |  |
| 2-2.30        | Jawar / Bajra /Ragi/ Wheat / (60 gm) roti<br>Dal 20gm<br>Sabji one plate                        |  |  |
| 3-3.30        | सौंफ + अलसी( flcax seeds) one spoon each  |  |  |
| 5-5.30<br>6PM | Fruits 100gm<br>ONE CUP GREEN TEA+ handful of phutana / makhana                                 |  |  |
| 7.00-<br>7.30 | Rice 60gm+ soya chunk<br>30gm Vegetable<br>150+200gm<br><b>Make soya vegetable<br/>pula</b>     | Oats atta 30gm+ besan<br>30gm (mix it add spices<br>make chila)<br>Stuff with sauteed panner<br>30gm and Vegetable<br>100gm-200gm<br><b>Oats panner vegetable<br/>chilla</b> | <b>Dal dhokali</b><br><b>Dal 60gm</b><br><b>Atta (wheat +besan) for<br/>dhokali-30-40gm</b><br><b>Vegetable 100-150gm</b><br><b>Or one roti and 60gm dal<br/>add 100gm vegetable</b> |
| 10-<br>10.30  | Milk 100ml turmeric   |  |  |