

Dr  
Sonal's

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9 am	4-5 besan dhokla vegetable <b>one boiled egg white</b>	Two Vegetable idli and pudina chutney vegetable <b>one boiled egg white</b>	Besan 30gm vegetable 150-200gm chilla and vegetable one <b>boiled egg white</b>
12-1	Butter milk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
8.00-8.30	Roti 60gm+ <b>three egg white or panner 30gn</b> Vegetable 150+200gm Make eggs vegetable bhurji and one roti	Two pavs +bhaji Recipe is given or one roti and choely 30gm sabji	Sevai 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		

DietPlan

WEEK 2 (10/6//23)

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