

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 one boiled egg white	Two Vegetable idli and pudina chutney vegetable one boiled egg white	Besan 30gm vegetable 150-200gm chilla and vegetable one boiled egg white
12-1	Butter milk + one spoon 10gm WEEK 2 (10/6//23)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	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
8.00-8.30	Roti 60gm+ three egg white or panner 30gn 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

Dr Sonal's DietPlan