

WEEK 3 (22/4/23)

| Timing    | Monday/Wednesday/<br>Saturday  | Tuesday/ Thursday   | Friday /Sunday  |
|-----------|--|---|---|
| 5.30-7am  | One glass of water + lemon water +Pinch of jeera powder                        |   |   |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon           |   |   |
| 10 am     | Mots 30gm<br>Vegetable 150-200 gm<br><b>Two boiled egg white</b>               | Masoor sabut Sprouts 30gm<br>Vegetable 150-200gm<br>Steamed soaked and sauteed<br><b>Two boiled egg white</b> | Black chana 30gm<br>steamed sauté usal<br>vegetable 150-<br>200gm <b>Two boiled<br/>egg white</b> |
| 12-1      | buttermilk<br>+ one spoon 10gm chia seeds                                      |   |   |
| 1-1.30    | Vegetable salad 150gm- 200gm+ Curd one katori                                  |   |   |
| 2-2.30    | Jawar / Bajra /Ragi/ Wheat / (80gm) roti<br>Dal 20gm +Sabji one plate          |   |   |
|           | सौंफ + अलसी( flax seeds) one spoon each  |   |   |
|           | One handful peanut   | One handful roasted jawar lahi  | One handful makhana   |
| 5-5.30    | Fruits 100gm   |   |   |
| 6PM       | ONE CUP GREEN TEA  |   |   |
| 7.00-7.30 | Rice 50gm+ three egg white<br>Vegetable 150+200gm<br>Make eggs vegetable pulao | One jawar roti 50gm+ panner<br>50gm<br>Vegetable 150+200gm bhurji   | Chicken 100gm<br>Rice 30gm<br>vegetable 100gm<br>Chicken pulao                                    |
| 10-10.30  | Milk 100ml turmeric  |   |   |