WEEK 4 (29/4/23)

Monday/Wednesday/	Tuesday/ Thursday	Friday /Sunday
Saturday		
m One glass of water + lemon water +Pinch of jerra powder		
7-8.30am 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
		/
barbati 30gm+	Moong Sprouts 30gm	Black Chana
Vegetable 150-200 gm	Vegetable 150-200gm	Steamed soaked and sauteed
Vegetable salad	Steamed soaked and sauteed	Vegetable 150-
One egg white	One egg white	200gm One egg white
		Winte
buttermilk		
,		
Jawar / Bajra /Ragi/ Wheat / (60gm) roti		
Dal 20gm		
Sabji one plate		
सौंफ + अलसी(flax seeds) one spoon each		
Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
ONE CUP GREEN TEA		
Oats 30 roti	Masoor 50gm+ panner 50gm	Ragi 30gm +besan
Egg bhurji three egg white	Vegetable 150+200gm masoor	50gm vegetable chilla + chnana dal
Vegetable 100-200gm	and panner vegetable chilla	chutney
10-10.30 Milk 100ml turmeric		
	Saturday One glass of water + lemon wa 7-8 almond and one walnut, or barbati 30gm+ Vegetable 150-200 gm Vegetable salad One egg white buttermilk + one spoon 10gm chia seeds Vegetable salad 150gm- 200gm Jawar / Bajra /Ragi/ Wheat / (6 Dal 20gm Sabji one plate सौंफ + अलसी(flax seeds) one sp Fruits 100gm+ mix seeds (pum ONE CUP GREEN TEA Oats 30 roti Egg bhurji three egg white Vegetable 100-200gm	Saturday One glass of water + lemon water +Pinch of jerra powder 7-8 almond and one walnut, one anjeer roasted khaskhas half tea barbati 30gm+