

WEEK 2 (15/7/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
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		
10 am	4-5 besan dhokla Two boiled egg white	Moong dal sprouts 50gm Vegetable Aape Two boiled egg white	Besan 50gm vegetable 150-200gm chilla and vegetable Two boiled egg white
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 / (80gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful peanut	One handful phutana	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji and one roti	Ragi roti 50gm+ chicken 4 pieces sabji Vegetable 150+200gm	Rice 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		