

WEEK 3 (22/7/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
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 Vegetable 150-200 gm <b>Two boiled egg white</b>	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed <b>Two boiled egg white</b>	Black chana 30gm steamed sauté usal vegetable 150- 200gm <b>Two boiled egg white</b>
12-1	buttermilk + 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 roasted jawar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao	One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	Chicken 100gm Rice 30gm vegetable 100gm Chicken pulao
10-10.30	Milk 100ml turmeric		