

week 4							
day	early morning	lunch ( after Lunch - take 1 multivitamin tablet and B12-MBSON SL - 1 tablet)	After lunch	snack	eve snack	dinner	post dinner
	11:30	12:00	2:30	4:30	6:00	7:00	10:00
07/28/2023	Seed water + Tea	1-2 roti + dal + sabji + curd/buttermilk + salad	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed roration - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	daliya vegetables moong dal khichadi 8 tbsp + curd/kadhi	chia seed water
07/29/2023	Seed water + Tea	dal + sabji + rice 8tbsp + curd/buttermilk + salad	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed roration - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	Grilled chicken (100-150gms) + mix vegetables soup	chia seed water
07/30/2023	Seed water + Tea	1-2 roti + dal + sabji + curd/buttermilk + salad	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed roration - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	1 egg omelet with 1 slice of whole wheat bread	chia seed water
07/31/2023	Seed water + Tea	dal + sabji + rice 8tbsp + curd/buttermilk + salad	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed roration - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	besan chilla 1 + curd + green chutney	chia seed water
08/01/2023	Seed water + Tea	1-2 roti + dal + sabji + curd/buttermilk + salad	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list + seed roration - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	paneer salad (80gms of paneer) + lemon coriander soup	chia seed water

08/02/2023	Seed water + Tea	dal + sabji + rice 8tbsp + curd/buttermilk + salad	lemon water without sugar / coconut water / green tea / buttermilk + fruit from allowed list + seed rotation - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	1 egg omelet with 1 slice of whole wheat bread	chia seed water
08/03/2023	Seed water + Tea	1-2 roti + dal + sabji + curd/buttermilk + salad	lemon water without sugar / coconut water / green tea / buttermilk + fruit from allowed list + seed rotation - 1Tbsp Flax and 1TBSP Pumpkin Seeds (Roasted) + Soaked dry fruits	tea/coffee / green tea + fist full of makhaana / mumra / half khakhara / poha chevada	fistful channa / peanut / sprouts / chana jor garam	daliya vegetables moong dal khichadi 8 tbsp + curd/kadhi	chia seed water