

5Week 3/6

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|---------------|--|---|--|
| 6-7am | One glass of water + lemon water +soaked saunf one spoon overnight | | |
| 7-8.30a | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Moong dal 30gm Vegetable sprouts | Mot sprouts 30gm Vegetable salad 150gm - 200gm | Rajma 30gm Vegetable salad 150-200gm |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2-2.30 | Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | |
| 3-3.30 | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana | | |
| 7.00- 7.30 | Kodo rice 30gm+ moong dal 30gm Vegetable 150+200gmdal bhaji Make kodo rice moong dal vegetable dal bhaji | Chick peas pasta 40gm + panner 30gm Vegetable 150+200gm | Sewai 40gm Panner 30gm and vegetable 100-150gm Sewai vegetable upma |
| 10- 10.30 | Milk 100ml turmeric | | |