

Week 2

	Monday/Wednesday/Saturday	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + one pinch of dalchini powder +one spoon of lemon wate		
7.30AM	5-6 Almond (soak and remove skin), one walnut, one anjeer half spoon roasted khaskhas		
9.30-10.30AM	Moong 30gm One bowl of steamed Vegetable salad 100-150g chilla /OR MAKE SALAD	Vegetable salad Mot 30gm One bowl of steamed	Three egg (2 white + one full) Vegetable salad 100-150gm
11.30-12	Butter milk 250ml+ chia seeds 1/2 spoon		
1.30	One glass of water One bowl of steamed Vegetable salad 100 gm +curd 50gm		
2.30 -	Jawar Roti/ bajra roti / Ragi/Rajgira atta/Rice/ wheat (60 gm) One katori sabji mostly use vegetables dal		
3.30PM	**Flax seed one spoon with saunf one spoon + one glass of water		
4.30 PM	One fruit 100gm		
5.00PM	Mix seed (pumpkin +watermelon +sunflower)		
7.00-8.30PM	Chicken 100gm grilled One roti Vegetable salad	Rice 40 three egg white Vegetable100 -150gm Egg Vegetable pulav Kadhi Or egg bhurji one roti	Massor dal 60gm vegetable chilla Panner30gm
10.30 am	One cup of milk no sugar/no malai		