Week3

Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
One glass of water + one spoon of ACV (apple cider vinegar)		
Coconut water/ Green tea/ Buttermilk/soymilk		
One katori vegetable salad curd		
Jawar Roti/ bajra roti / Ragi/masoor chilla (30 gm)		
One katori sabji mostly use vegetables		
One katori curd		
Flax seeds one spoon		
One big bowl vegetable salad 100gm,		
one katori curd		
One fruit 100gm+ mix seeds (pumpkin +sunflower+ watermelon)		
Green tea		
30gm besan	Dal 60gm vegetable	Chicken 200gm
30gm moong dal palak chilla	soup	Vegetable salad
Vegetable soup		
	Saturday One glass of water + one spool Coconut water/ Green tea/ Bu One katori vegetable salad cur Jawar Roti/ bajra roti / Ragi/m One katori sabji mostly use ve One katori sabji mostly use ve One katori curd Flax seeds one spoon One big bowl vegetable salad one katori curd One fruit 100gm+ mix seeds (p Green tea 30gm besan 30gm moong dal palak chilla	Saturday Image: Saturday One glass of water + one spoon of ACV (apple cider via Coconut water/ Green tea/ Buttermilk/soymilk One katori vegetable salad curd Jawar Roti/ bajra roti / Ragi/masoor chilla (30 gm) One katori sabji mostly use vegetables One katori curd Flax seeds one spoon One fruit 100gm+ mix seeds (pumpkin +sunflower+ wa Green tea 30gm besan Dal 60gm vegetable 30gm moong dal palak chilla soup