

Week 4

Days	Monday/Wednesday/ Saturday	Thursday/Tuesday	Friday/Sunday
7.00AM	One glass of water + one spoon of dhania seeds		
8.30AM	5-6 almond (remove skin soak overnight), one walnut, 5-6 manuka		
10.30AM	Two eggs white + vegetable salad	Moong dal 30gm Vegetable usal	Two eggs white + vegetable salad
12NOON	Coconut water/ Green tea/ Buttermilk+ chia seeds		
1.30Pm	One big bowl vegetable salad 100gm+(Moong/ Mot etc) Dal one katori (30gm)		
2.00- 2.30PM	Brown rice 30gm + panner 50gm or choely 30gm or rajma 30gm With veggies		
4.30PM	Flax seeds one spoon		
5.30 PM	One fruit 100gm+ mix seeds (pumpkin +sunflower+ watermelon)		
6.30PM	Green tea		
6.30- 7.00PM	Chicken 200gm Vegetable150-160gm salad Chicken boiled	Panner 50gm+ black chana 30gm Vegetable 50-60gm salad grilled	Three Moong dal 60gm Vegetable 50-60gm salad Vegetable chilla
10.00	Vegetable soup		