

## 4Week 9/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water +Pinch of roasted jeera powder powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	30gm Barbarti vegetable 150-200 gm salad steamed and sauteed	Mot 30gm sprouts vegetable 150-200 gm salad steamed and sauteed	Besan 30gm vegetable 150- 200 gm chilla
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+		
7.00- 7.30	Rice 30gm+ Masoor dal 60gm Vegetable 150+200gm <b>Make vegetable khichdi</b>	Rice atta 30gm+ Besan 30gm panner 30gm Vegetable 150+200gm <b>Uthappam with panner on top</b>	Quinoa/DALIA 30gm Choely 30gm sabji 150+200gm salad <b>Vegetable</b> <b>Dalia + choely sabji</b>
10- 10.30	Milk 100ml turmeric		