

4Week 27/5

| 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 Make vegetable khichdi | Rice atta 30gm+ Besan 30gm panner 30gm Vegetable 150+200gm Uthappam with panner on top | Quinoa/DALIA 30gm Choely 30gm sabji 150+200gm salad Vegetable Dalia + choely sabji |
| 10- 10.30 | Milk 100ml turmeric | | |