

Week2 16/9/2023

Timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
At wake up	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
BEFORE exercise	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10.30 AM	Moong dal 30gm One bowl of Vegetable 100-150gm salad <b>Vegetable moong dal appe OR sauteed</b>	Rava 30gm + besan 20gm+Vegetable salad 100-150gm <b>Vegetable rava dosa/ vegetable rava idli</b>	Three egg white Vegetable 100-150gm <b>vegetable omelette</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00 2.00pm	One katori vegetables 100gm + curd 50gm Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water	Ajwain and til	
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7.00- 7.30PM	Rice 40gm Panner 50gm vegetable 150-160gm <b>panner pulao and kadhi</b>	Ragi 40 gm+ Moong dal 50gm Vegetable 150-160gm <b>Ragi moong dal vegetable chilla</b>	Roti 40 gm Vegetable150-160gm Panner 50gm vegetable bhurji
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		