

Week 3 23/9

timing	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
At wake up	One glass of water + One spoon of lemon juice pinch of dalchini powder		
BEFORE exercise	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Barbati 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable	Black chana 30gm soaked steamed sauteed Vegetable 100-150gm Vegetable salad	MOT 30gm SPROUTED soaked steamed sauteed Vegetable 100-150gm Vegetable salad
12.00	Buttermilk 200ml+ soaked soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.30- 3.00PM	Kodo rice 40gm Panner 50gm vegetable 150-160gm pulao and kadhi	Jawar roti 40gm Moong dal 30gm Vegetable 150-160gm Sabji	WHEAT 40 gm Moong 50gm SABJI
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7.30- 8.00PM	Sawai 40gm Panner 50gm vegetable 150-160gm pulao and kadhi	ONE ROTI Moong dal 30gm Vegetable 150-160gm sambhar	Bhagar 30 gm Panner 50gm vegetable150-160gm Panner vegetable khichadi
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		