

Week 4 30/9

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
At wake up	One glass of water + One spoon of lemon juice one saunf soaked overnight		
BEFORE exercise	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30-10AM	Choely 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable	Massor sprouts 30gm soaked steamed sauteed Vegetable 100-150gm vegetable salad	3-4 besan dhokala vegetable salad
12.00	Buttermilk 200ml+ 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		
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 Vegetable100 - 150gm pulao (You can inter change the days)	Rava 40 gm Moong dal 50 vegetable Vegetable100 -150gm Uthappam	Oats 40gm Soya granules 30gm Vegetable 100-150gm chilla / khichadi and pudina chutney
10.30 Pm	MILK 100ML		