

WEEK 4 (9/10/23)

| Timing        | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday   | Friday /Sunday   |
|---------------|---|---|--|
| 7.30-8am      | One glass of water + lemon water +Pinch of jeera powder                           |   |  |
| 8.30          | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon              |   |  |
| 10 am         | barbati 30gm+<br>Vegetable 150-200 gm<br>Vegetable salad<br><b>One egg white</b>  | Moong Sprouts 30gm<br>Vegetable 150-200gm<br>Steamed soaked and sauteed<br><b>One egg white</b> | Vegetable 150-<br>200gm two <b>egg<br/>white</b>                     |
| 12-1          | buttermilk<br>+ one spoon 10gm chia seeds   |   |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori                                     |   |  |
| 2-2.30        | Jawar / Bajra /Ragi/ Wheat / (60gm) roti<br>Dal 20gm<br>Sabji one plate           |   |  |
|               | सौंफ + अलसी( flax seeds) one spoon each   |   |  |
| 5-5.30<br>6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |   |  |
| 7.00-7.30     | Oats 30 roti<br>Egg bhurji three egg white<br>Vegetable 100-200gm                 | Masoor 50gm+ panner 50gm<br>Vegetable 150+200gm masoor<br>and panner vegetable chilla           | Ragi 30gm +besan<br>50gm vegetable<br>chilla + chnana dal<br>chutney |
| 10-10.30      | Milk 100ml turmeric   |   |  |