

Week 3(2/10/23)

Timing	Monday /Wednesday/ Saturday	Tuesday/Thursday	Friday /Sunday
10AM	One glass of water + lemon water +Pinch of dalchini powder		
10AM	7-8 almond and one walnut, one anjeer, 5-6 manuka, roasted khaskhas half teaspoon		
Before games	7-8 almond and one walnut, one anjeer, 5-6 manuka, roasted khaskhas half teaspoon + one handful of sprouts(30gm) steamed and sauteed		
11am	Vegetable salad 150gm- 200gm+ Curd one katori(50gm) Three roti (80gm) + dal one katori +one plate sabji	Vegetable salad 150gm- 200gm+ Curd one katori Three Jawar roti (80gm) + dal one katori +one plate sabji	Vegetable salad 150gm- 200gm+ Curd one katori Two jawar roti (80gm) + dal one katori +one plate sabji
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
2-2.30	सौंफ + अलसी(flax seeds)		
3PM	Two eggs white vegetable salad	Oats 30gm soaked in 50ml milk	3-4 dhokala
3-2.30	one spoon each Mix seeds one spoon		One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA before gym		
8.00-8.30	Rice 50gm+ masoor dal 30gm Vegetable 150+200gm Make rice moong dal vegetable khichdi	Oats 60gm+besan 30gm Make chilla stuff with panner 20gm Vegetable 150+200gm	Chicken 100gm (4 medium sized pieces in very less oil) + Three roti/ or rice 80gm + vegetable salad 150+200gm