

Week 4(9/10/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	Two boiled egg white	Moong dal sprouts 50gm Vegetable Aape one boiled egg white	Besan 50gm vegetable 150- 200gm chilla and vegetable One boiled egg white
When ever feel hungry	Butter milk + one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
2pm	सौंफ + अलसी(flax seeds) one spoon each		
4pm	One handful peanut	One handful phutana	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji and one roti	Jawar roti 50gm+ chicken 4 pieces sabji Vegetable 150+200gm	Rice 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		