

WEEK 4 (9/10/23)

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