

4Week (30/9/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon water +Pinch of roasted jeera powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	30gm Barbarti vegetable 150-200 gm salad steamed and sauteed	Mot 30gm sprouts vegetable 150-200 gm salad steamed and sauteed	Besan 30gm vegetable 150- 200 gm chilla
12-1	COCONUT WATER/lemon water/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		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Rice 30gm+ Masoor dal 60gm Vegetable 150+200gm Make vegetable khichdi OR TWO ATTA BREAD STUFFED WITH 50GM PANNER VEGETABLE 100-150GM	Rice atta 30gm+ Besan 30gm panner 30gm Vegetable 150+200gm Uthappam with panner on top	NOODLES 30GM + SOYA CHUNK 30GM AND VEGETABLE 200GM HOME MADE
10- 10.30			