

WEEK 3 (22/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond SOAKED REMOVE SKIN and one walnut, one anjeer		
10 am	Mots 30gm Vegetable 150-200 gm one boiled egg white	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed one boiled egg white	Black chana 30gm steamed sauté usal vegetable 150- 200gm one boiled egg white
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 / (80gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful peanut	One handful roasted murmura chivda	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 50gm+ Vegetable 150+200gm Make soya vegetable pulao	One jawar roti 50gm+ low fat panner 50gm Vegetable 150+200gm bhurji	Chicken/fish 100gm Rice 30gm vegetable 100gm Chicken pulao
10-10.30	Milk 100ml turmeric		