

WEEK 4 (23/10/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	50 ML of water +Pinch of roasted jeera powder		
	7-8 almond and one walnut, one anjeer soaked overnight		
10 am	Masoor sprouts 30gm steamed and sauteed Vegetable 150-200 gm  Two boiled egg white	Moong dal 30gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli Two boiled egg white	Three besan dhokla Two boiled egg white
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		
	One handful phutana	One handful roasted jawar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rava 40gm+ moong dal 30gm Vegetable 150+200gm Make rava moong dal vegetable chilla	Oats 40gm+besan 30gm Vegetable 150+200gm chilla Vegetable Sāmbhar	Rice 40gm+ moong dal 30gm Vegetable 150+200gm Make moong dal vegetable khichdi
10-10.30	Milk 100ml turmeric		