

3Week 30/10 23

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of roasted jeera powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	MOONG DAL 30gm CHILAA + stuff with Vegetable 150-200 gm Make chilla roll	Choely 30g Soaked steamed and sauteed with vegetable 100-150gm	Black chana 30gm steamed sauté usal vegetable 150- 200gm
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 / (60 gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flcax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Rice 30gm+ panner30gm Vegetable 150+200gm <b>Make panner vegetable pulao</b>	Oats atta 30gm+ besan 30gm (mix it add spices make chilla) Stuff with sauteed panner 30gm and Vegetable 100gm-200gm <b>Oats panner vegetable chilla</b>	<b>Dal dhokali</b> <b>Dal 60gm</b> <b>Atta (wheat +besan) for dhokali-30-40gm</b> <b>Vegetable 100-150gm</b> <b>Or one roti and 60gm dal add 100gm vegetable</b>
10- 10.30	Milk 100ml turmeric		