

WEEK 2 (11/11/23)

Timing	Monday/Wednesday/Thursday	Tuesday/ Saturday	Friday /Sunday
7.30	One glass of water + lemon water +Pinch of dalchini powder		
8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	<b>One boiled egg white Mot dal sprouts 50gm Vegetable 100-100GM STEAMED AND SAUTEED</b>	Moong dal sprouts 50gm  Vegetable 100-100GM STEAMED AND SAUTEED  <b>One boiled egg white</b>	Besan 50gm vegetable 150-200gm chilla and vegetable One <b>boiled egg white</b>
12-1	Butter milk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti <b>OR Rice 50gm</b> +Dal 20gm+ Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm moong dal Vegetable 150+200gm	Ragi roti 50gm+ FISH 4 pieces sabji SHALLOW FRY IN 10ML  Vegetable 150+200gm	Rice 40gm and tuvar dal 30gm  30gm vegetable khichadi
10-10.30	Milk 100ml turmeric		