Week2 3/6/2023

Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
Saturday		
One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Moong dal 30gm	Rava 30gm + besan	Three egg white
One bowl of Vegetable 100-	20gm+Vegetable salad 100-150gm	Vegetable 100-150gm
Vegetable moong dal appe OR sauteed	Vegetable rava dosa/ vegetable rava idli	vegetable omelette
Buttermilk 200ml+ soaked chia seeds 5gm		
One katori vegetables 100gm + curd 50gm		
Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)		
Dal one katori (30gm)		
One katori sabji mostly use vegetables		
Flax seed one spoon with saunf one spoon + one glass of water		Ajwain and til
One fruit 100gm (less sweet)		
Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea		
Rice 40gm	Ragi 40 gm+ Moong	Roti 40 gm
Panner 50gm	dal 50gm Vegetable 150-160gm	Vegetable150-160gm
vegetable 150-160gm	Ragi moong dal	Panner 50gm
panner pulao and kadhi	vegetable chilla	vegetable bhurji
One cup(100ml) of milk no sugar/no malai Or vegetable soup		
	Saturday One glass of water + One spool 5-6 Almond, one walnut, one a Moong dal 30gm One bowl of Vegetable 100- 150gm salad Vegetable moong dal appe OR sauteed Buttermilk 200ml+ soaked chia One katori vegetables 100gm Jawar Roti/bajra roti / Ragi/Ra Dal one katori (30gm) One katori sabji mostly use veg Flax seed one spoon with saur of water One fruit 100gm (less sweet) Seeds (watermelon, sunflowe Green tea Rice 40gm Panner 50gm vegetable 150-160gm panner pulao and kadhi	SaturdayOne glass of water + One spoon of lemon juice pinch of5-6 Almond, one walnut, one anjeer, 5-6 manuka pinchMoong dal 30gmRava 30gm + besan 20gm+Vegetable salad 100-150gmOne bowl of Vegetable 100- 150gm saladRava 30gm + besan 20gm+Vegetable salad 100-150gmVegetable moong dal appe OR sauteedVegetable rava dosa/ vegetable rava idliButtermilk 200ml+ soaked chia seeds 5gmVegetable rava idliOne katori vegetables 100gm + curd 50gm Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm)One katori sabji mostly use vegetablesFlax seed one spoon with saunf one spoon + one glass of waterSeeds (watermelon, sunflower, pumpkin seeds)Green teaRagi 40 gm+ Moong dal 50gm Vegetable 150-160gm Ragi moong dal vegetable 150-160gmRice 40gm vegetable 150-160gm panner pulao and kadhiRagi moong dal vegetable chilla