

2 (12/11/23)

| Timing    | Monday/Wednesday/<br>Saturday                                                                | Tuesday/ Thursday                                                    | Friday /Sunday                                                                     |
|-----------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 5.30-7am  | One glass of water + lemon water +Pinch of dalchini powder                                   |                                                                      |                                                                                    |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon                         |                                                                      |                                                                                    |
| 10 am     | 4-5 besan dhokla <b>Two boiled egg white</b>                                                 | Moong dal sprouts 50gm<br>Vegetable Aape <b>Two boiled egg white</b> | Besan 50gm<br>vegetable 150-200gm chilla and vegetable <b>Two 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 / (80gm) roti<br>Dal 20gm<br>Sabji one plate                      |                                                                      |                                                                                    |
|           | सौंफ + अलसी( flax seeds) one spoon each                                                      |                                                                      |                                                                                    |
|           | One handful peanut                                                                           | One handful phutana                                                  | One handful makhana                                                                |
| 5-5.30    | Fruits 100gm                                                                                 |                                                                      |                                                                                    |
| 6PM       | ONE CUP GREEN TEA                                                                            |                                                                      |                                                                                    |
| 7.00-7.30 | Roti 50gm+ three egg white<br>Vegetable 150+200gm<br>Make eggs vegetable bhurji and one roti | Ragi roti 50gm+ chicken 4 pieces sabji<br>Vegetable 150+200gm        | Rice 40gm and<br>Soya granules 30gm vegetable sabji                                |