

WEEK 2 20/11

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon juice +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer soaked overnight roasted khaskhas half teaspoon		
10 am	4-5 besan dhokla	Moong dal sprouts 50gm Vegetable Aape/ steamed and sauteed	Besan 50gm vegetable 150-200gm chilla and vegetable Two boiled egg white
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 Dal 20gm 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 /panner 50gm Vegetable 150+200gm Make eggs vegetable bhurji /paanner and one roti	Ragi roti 50gm+ choley 50gm Vegetable 150+200gm sabji	Rice 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		