

WEEK 2 12/8/23)

Timing	Monday/Wednesday/ 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	Mot dal sprouts 60gm Vegetable	Moong dal sprouts 60gm Vegetable Aape	Besan 60gm vegetable 150- 200gm chilla and vegetable
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 6PM	Fruits 100gm  ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ pannerVegetable 150+200gm  Panner bhurji	Ragi roti 50gm+ panner 70gm  Vegetable 150+200gm	Rice 40gm and  Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		