

WEEK 3 (19/8/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Mots 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Masoor sabut Sprouts 60gm Vegetable 150-200gm Steamed soaked and sauteed	Black chana 30gm steamed sauté usal vegetable 150- 200gm
12-1	buttermilk + 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		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 50gm+ panner 30gm Vegetable 150+200gm Make eggs vegetable pulao	One jawar roti 50gm+ CHICKEN 50gm TWO PIECES Vegetable 150+200gm bhurji	Four vegetable idli Vegetable sambhar
10-10.30	Milk 100ml turmeric		