

WEEK 3 (22/4/23)

| 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 Vegetable 150-200 gm | Masoor sabut Sprouts 30gm 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 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Rice 30gm+ moong dal 50gm Vegetable 150+200gm Make vegetable chilla and pudina chuteni | Chickpeas pasta 30gm+ panner 30gm Vegetable 150+200gm bhurji | Panner 30gm Rice 50gm vegetable 100gm Panner pulao |
| 10-10.30 | Milk 100ml turmeric | | |