

WEEK 2 1/1/24)

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	4-5 besan dhokla ( 50gm ) besan Vegetable 150gm	Moong dal sprouts 50gm Vegetable idli and pudina chutney	Besan 30gm vegetable 150- 200gm chilla and vegetable one <b>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 / (60gm) roti Dal 20gm( three katori Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each+ mix seeds one spoon		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ three egg white Vegetable 150+200g Make eggs vegetable bhurji <b>or</b> one roti and paneer 50gm veg bhurji	Three vegetable idli and vegetable sambar sambar <b>Or</b> three plain dosa and vegetable sambar	Sevai 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		