

WEEK 4 (20/11/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8-8.30am	One glass of water + lemon water +Pinch of jerra powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30-10 am	barbati 30gm Vegetable 150-200 gm Vegetable salad One egg white	Moong Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed One egg white	Black Chana Steamed soaked and sauteed Vegetable 150- 200gm One egg white
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 / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Oats 30 roti + Egg bhurji three egg white Vegetable 100-200gm or Panner 50gm vegetables bhurji	Masoor 50gm+ panner 50gm Vegetable 150+200gm masoor and panner vegetable chilla	Ragi 30gm +besan 50gm vegetable chilla + chnana dal chutney
10-10.30	Milk 100ml turmeric		