

Week 4

|               | Monday/Wednesday/<br>Saturday   | Tuesday/Thursday  | Friday/Sunday   |
|---------------|---|---|---|
| 6.30 am       | One glass of water + One spoon of lemon juice one saunf soaked overnight  |   |   |
|               | 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted  |   |   |
| 7.30- 8.30 AM | Choely 30gm<br>steamed sauteed<br><br>One bowl of Vegetable 100-150gm salad<br><br>Vegetable  | Massor sprouts 30gm<br>soaked steamed sauteed<br><br>Vegetable 100-150gm<br>vegetable salad | 3-4 besan dhokala<br>vegetable salad  |
| 12.00         | Buttermilk 200ml+ chia seeds 5gm  |   |   |
| 1.00          | One katori vegetables 100gm + curd 50gm   |   |   |
| 2.00pm        | Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)<br><br>Dal one katori (30gm)<br><br>One katori sabji mostly use vegetables |   |   |
| 3.30PM        | Flax seed one spoon with saunf one spoon + one glass of water   |   |   |
| 4.30PM        | One fruit 100gm (less sweet)  |   |   |
| 5.00PM        | Seeds (watermelon, sunflower, pumpkin seeds)  |   |   |
| 6.00PM        | Green tea   |   |   |
| 7.00-7.30PM   | Rice 40gm + PANNER 50GM Vegetable100 - 150gm pulao<br><br>(You can inter change the days)   | Rava 40 gm<br><br>Moong dal 50<br>vegetable<br>Vegetable100 -150gm<br><br>Uthappam          | Oats 40gm<br><br>Soya granules 30gm<br>Vegetable 100-150gm<br>chilla / khichadi and<br>pudina chutney |
| 10.30 Pm      | MILK 100ML  |   |   |