

Week 3

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of roasted jeera powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	MOONG DAL 30gm CHILAA + stuff with panner20gm  Vegetable 150-200 gm  Make chilla roll	Choely 30g  Soaked steamed and sauteed with vegetable 100-150gm	Black chana 30gm steamed sauteé usal vegetable 150- 200gm
12-1	COCONUT WATER/lemon water/buttermilk  + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60 gm) roti  Dal 20gm  Sabji one plate		
3-3.30	सौंफ + अलसी( flcax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Rice 60gm+ soya chunk 30gm Vegetable 150+200gm  <b>Make soya vegetable pulao</b>	Oats atta 30gm+ besan 30gm (mix it add spices make chilla)  Stuff with sauteed panner 30gm and Vegetable 100gm-200gm  <b>Oats panner vegetable chilla</b>	<b>Dal dhokali</b> <b>Dal 60gm</b> <b>Atta (wheat +besan) for dhokali-30-40gm</b> <b>Vegetable 100-150gm</b> <b>Or one roti and 60gm dal</b> <b>add 100gm vegetable</b>
10- 10.30	Milk 100ml turmeric		

