

WEEK 2 (15/4/23)

| 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 Two boiled egg white | Moong dal sprouts 50gm Vegetable Aape Two boiled egg white | Besan 50gm vegetable 150-200gm chilla and vegetable Two boiled egg white |
| 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 / (80gm) roti Dal 20gm Sabji one plate | | |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| | One handful peanut | One handful phutana | One handful makhana |
| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji and one roti | Ragi roti 50gm+ chicken 4 pieces sabji Vegetable 150+200gm | Rice 40gm and Soya granules 30gm vegetable sabji |
| 10-10.30 | Milk 100ml turmeric | | |