Week2 16/9/2023

Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
Saturday		
One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Moong dal 30gm	Rava 30gm + besan	Three egg white
One bowl of Vegetable 100-	20gm+Vegetable salad 100-150gm	Vegetable 100-150gm
Vegetable moong dal appe OR sauteed	Vegetable rava dosa/ vegetable rava idli	vegetable omelette
Buttermilk 200ml+ soaked chia seeds 5gm		
One katori vegetables 100gm + curd 50gm		
Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)		
Dal one katori (30gm)		
One katori sabji mostly use vegetables		
Flax seed one spoon with saunf one spoon + one glass of water		Ajwain and til
One fruit 100gm (less sweet)		
Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea		
Rice 40gm	Ragi 40 gm+ Moong	Roti 40 gm
Panner 50gm	dal 50gm Vegetable 150-160gm	Vegetable150-160gm
vegetable 150-160gm	Ragi moong dal	Panner 50gm
panner pulao and kadhi	vegetable chilla	vegetable bhurji
One cup(100ml) of milk no sugar/no malai Or vegetable soup		
	One glass of water + One spool5-6 Almond, one walnut, one aMoong dal 30gmOne bowl of Vegetable 100- 150gm saladVegetable moong dal appe OR sauteedButtermilk 200ml+ soaked chiaOne katori vegetables 100gm Jawar Roti/bajra roti / Ragi/Ra Dal one katori (30gm)One katori sabji mostly use vegFlax seed one spoon with saun of waterOne fruit 100gm (less sweet)Seeds (watermelon, sunflowe Green teaRice 40gm Panner 50gm vegetable 150-160gmpanner pulao and kadhi	One glass of water + One spoon of lemon juice pinch of5-6 Almond, one walnut, one anjeer, 5-6 manuka pinchMoong dal 30gmRava 30gm + besan 20gm+Vegetable salad 100-150gmOne bowl of Vegetable 100- 150gm saladRava 30gm + besan 20gm+Vegetable salad 100-150gmVegetable moong dal appe OR sauteedVegetable rava dosa/ vegetable rava idliButtermilk 200ml+ soaked chia seeds 5gmVegetable rava idliOne katori vegetables 100gm + curd 50gm Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm)Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori sabji mostly use vegetablesFlax seed one spoon with saunf one spoon + one glass of waterFlax seed one spoon with saunf one spoon + one glass of waterOne fruit 100gm (less sweet)Seeds (watermelon, sunflower, pumpkin seeds) Green teaRice 40gm Panner 50gm vegetable 150-160gm panner pulao and kadhiRagi 40 gm+ Moong dal 50gm Vegetable 150-160gm Ragi moong dal vegetable chilla