

Week2 16/9 /2023

| Timing | Monday/Wednesday/ Saturday | Tuesday/Thursday | Friday/Sunday |
|-----------------|---|---|---|
| 7.30 am | 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 | | |
| 8.30- 9.30 AM | Moong dal 30gm One bowl of Vegetable 100-150gm salad Vegetable moong dal appe OR sauteed | Rava 30gm + besan 20gm+Vegetable salad 100-150gm Vegetable rava dosa/ vegetable rava idli | Three egg white Vegetable 100-150gm vegetable omelette |
| 12.00 | Buttermilk 200ml+ soaked chia seeds 5gm | | |
| 1.00 | One katori vegetables 100gm + curd 50gm | | |
| 2.00pm | Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables | | |
| 3.30PM | Flax seed one spoon with saunf one spoon + one glass of water | Ajwain and til | |
| 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 vegetable 150-160gm panner pulao and kadhi | Ragi 40 gm+ Moong dal 50gm Vegetable 150-160gm Ragi moong dal vegetable chilla | Roti 40 gm Vegetable150-160gm Panner 50gm vegetable bhurji |
| 10.30 Pm | One cup(100ml) of milk no sugar/no malai Or vegetable soup | | |