

Week 4 30/9/23

| | Monday/Wednesday/ Saturday | Tuesday/Thursday | Friday/Sunday |
|------------------|--|---|---|
| | 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 | | |
| 9.30-10AM | Choely 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable | Massor sprouts 30gm soaked steamed sauteed Vegetable 100-150gm vegetable salad | 3-4 besan dhokala vegetable salad |
| 12.00 | Buttermilk 200ml+ chia seeds 5gm | | |
| 1.00 2.00pm | 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 | | |
| 3.30PM | Flax seed one spoon with saunf one spoon + one glass of water | | |
| 4.30PM | One fruit 100gm (less sweet) | | |
| 5.00PM 6.00PM | Seeds (watermelon, sunflower, pumpkin seeds) Green tea | | |
| 7.00-7.30PM | Rice 40gm + PANNER 50GM Vegetable100 - 150gm pulao (You can inter change the days) | Rava 40 gm Moong dal 50 vegetable Vegetable100 -150gm Uthappam | Oats 40gm Soya granules 30gm Vegetable 100-150gm chilla / khichadi and pudina chutney |
| 10.30 Pm | MILK 100ML | | |