WEEK 2

Monday/Wednesday/	Tuesday/ Thursday	Friday /Sunday			
Saturday					
, and the second					
one glass of water i lemon water it men of datemin powder					
70 de de de de de de de de	and the street of the				
/-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon					
4-5 besan dhokla Two boiled	Moong dal sprouts 50gm	Besan 50gm			
egg white	Vegetable Aape Two boiled egg	vegetable 150- 200gm chilla and			
	white	vegetable Two			
		boiled egg white			
Butter milk + one spoon 10gm chia seeds					
Vegetable salad 150gm- 200gm+ Curd one katori					
Jawar / Bajra /Ragi/ Wheat / (80gm) roti					
Dal 20gm					
Sabji one plate					
सौंफ + अलसी(flax seeds) one spoon each					
One handful neanut	One handful phutana	One handful			
Circ ranarar position	Chanana phasana	makhana			
Fruits 100gm					
ONE CUP GREEN TEA					
Roti 50gm+ three egg white	Ragi roti 50gm+ chicken 4	Rice 40gm and			
Vegetable 150+200gm	pieces sabji	Soya granules			
Make eggs vegetable bhurji and one roti	Vegetable 150+200gm	30gm vegetable sabji			
	Saturday One glass of water + lemon was 7-8 almond and one walnut, or 4-5 besan dhokla Two boiled egg white Butter milk + one spoon 10gm Vegetable salad 150gm- 200gm Jawar / Bajra /Ragi/ Wheat / (8 Dal 20gm Sabji one plate सौंफ + अलसी(flax seeds) one seeds One handful peanut Fruits 100gm ONE CUP GREEN TEA Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji	Saturday One glass of water + lemon water +Pinch of dalchini powder 7-8 almond and one walnut, one anjeer roasted khaskhas half te 4-5 besan dhokla Two boiled egg white Moong dal sprouts 50gm Vegetable Aape Two boiled egg white Butter milk + one spoon 10gm chia seeds Vegetable salad 150gm- 200gm+ Curd one katori Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate सौंफ + अलसी(flax seeds) one spoon each One handful peanut One handful phutana Fruits 100gm ONE CUP GREEN TEA Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji Vegetable 150+200gm Vegetable 150+200gm Vegetable 150+200gm Vegetable 150+200gm Vegetable 150+200gm			