

WEEK 3

| Timing    | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday  | Friday /Sunday   |
|-----------|---|--|--|
| 5.30-7am  | One glass of water + lemon water +Pinch of jeera powder                       |  |  |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon          |  |  |
| 10 am     | Mots 30 gm + paneer 20gm<br>Vegetable 150-200 gm<br>Vegetable upma            | Masoor sabut Sprouts 60gm<br>Vegetable 150-200 gm<br>Steamed soaked and sauteed  | Black chana 30gm<br>steamed sauté usal<br>vegetable 150-200 gm |
| 12-1      | buttermilk<br>+ one spoon 10gm chia seeds                                     |  |  |
| 1-1.30    | Vegetable salad 150gm- 200 gm + Curd one katori                               |  |  |
| 2-2.30    | Jowar / Bajra /Ragi/ Wheat / (60gm) roti<br>Dal 20gm<br>Sabji one plate       |  |  |
|           | सौंफ + अलसी( flax seeds) one spoon each                                       |  |  |
|           |   |  |  |
| 5-5.30    | Fruits 100gm  |  |  |
| 6PM       | ONE CUP GREEN TEA   |  |  |
| 7.00-7.30 | Rice 50 gm + paneer 30gm<br>Vegetable 150+200 gm<br>Make eggs vegetable pulao | One jowar roti 50 gm+<br>CHICKEN 50 gm TWO PIECES<br>Vegetable 150+200 gm bhurji | Four vegetable idli<br>Vegetable sambar                        |
| 10-10.30  | Milk 100ml turmeric   |  |  |