

WEEK 2 4/3

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8.30-9am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10-11 am	4-5 besan dhokla Vegetable salad Or Chickpeas pasta 30gm + vegetable salad	Moong dal sprouts 50gm Vegetable idli and pudina chutney	Besan 30gm vegetable 150-200 gm chilla and vegetable one <b>boiled egg white</b> <b>OR</b> Mot dal sprouts 50gm Vegetable salad
12-1	Buttermilk/plain water + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each + mix seeds one spoon		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50 gm+ three egg white Vegetable 150+200 gm Make eggs vegetable bhurji and one roti	Two pavs Bhaji Recipe is given	Sevai 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		