

WEEK 3 15/1

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8.30-9am	One glass of water + lemon water +Pinch of jeera powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10-11 am	Moong dal sprouts 30gm Vegetable 150-200 gm Idli and chana dal chutney	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed /chilla	Black chana 30gm steamed sauté usal vegetable 150-200gm
12-1	buttermilk/water + one spoon 10gm chia seeds soaked		
1-1.30	Vegetable salad 150gm- 200gm+ kadhi two katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm+ moong dal 60gm Vegetable 150+200gm Make vegetable chilla and pudina chuteni	Chole 30gm+ panner 30gm Vegetable 150+200gm bhaji One roti	Panner 30gm Rice 60gm vegetable 100gm Panner pulao
10-10.30	Milk 100ml turmeric		