

WEEK 4

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	barbati 30 gm+ Vegetable 150-200 gm Vegetable salad One egg white vegetable salad	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed One egg white vegetable salad	Three egg white vegetable mushrooms omelet
12-1	Buttermilk + 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 Dal 20gm + Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Oats 30+ moong dal 50 gm roti Vegetable 100-200 gm	Masoor 50 gm (grind it) paneer 50gm (grated and sauteed with vegetable and stuffed in chilla) Vegetable 150+200 gm masoor and paneer vegetable chilla	Urd 30 gm + moong dal 30 gm Steamed vada Vegetable 100gm + Dal 30gm Vegetable sambar
10-10.30	Milk 100ml turmeric		