

WEEK 2 4/3

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 10 am	two vegetable idli and chana dal chutney	Moong dal sprouts 60gm Vegetable Aape	Besan 60gm vegetable 150-200 gm chilla and vegetable
12-1	Butter milk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 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		
	One handful peanut	One handful phutana	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50 gm + paneer Vegetable 150+200 gm Panner bhurji	Ragi roti 50 gm + paneer 70gm Vegetable 150+200 gm	Rice 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		