

WEEK 3

| Timing | Monday/Wednesday/ 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 Vegetable 150-200 gm Vegetable upma | Masoor sabut Sprouts 60gm Vegetable 150-200 gm Steamed soaked and sauteed | Black chana 30gm steamed sauté usal vegetable 150-200 gm |
| 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 | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Rice 50 gm + paneer 30gm Vegetable 150+200 gm Make eggs vegetable pulao | One jowar roti 50 gm+ CHICKEN 50 gm TWO PIECES Vegetable 150+200 gm bhurji | Four vegetable idli Vegetable sambar |
| 10-10.30 | Milk 100ml turmeric | | |