

WEEK 4 4/3

| Timing        | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday  | Friday /Sunday  |
|---------------|---|--|---|
| 7am           | One glass of water + lemon water +saunf one spoon soaked overnight                |  |   |
| 7-8.30am      | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon              |  |   |
| 10 am         | barbati 30 gm+<br>Vegetable 150-200 gm<br>Vegetable salad                         | Moong Sprouts 30gm<br>Vegetable 150-200 gm<br>Steamed soaked and sauteed | Steamed and sauteed Vegetable 150-200 gm ( <b>Two egg white+ one full egg</b> ) |
| 12-1          | buttermilk<br>+ 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<br>Dal 20gm<br>Sabji one plate           |  |   |
|               | सौंफ + अलसी( flax seeds) one spoon each   |  |   |
| 5-5.30<br>6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |  |   |
| 7.00-7.30     | Oats 30 roti<br>Egg bhurji three egg white<br>Vegetable 100-200 gm                | Chicken 200 gm+<br>Vegetable 150+200 gm                                  | Ragi 30 gm +besan<br>50gm vegetable<br>chilla + chnana dal<br>chutney           |
| 10-10.30      | Milk 100ml turmeric   |  |   |