

WEEK 4 4/3

Timing	Monday/Wednesday/ 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+ Vegetable 150-200 gm Vegetable salad	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Steamed and sauteed Vegetable 150-200 gm (Two egg white+ one full egg)
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 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Oats 30 roti Egg bhurji three egg white Vegetable 100-200 gm	Chicken 200 gm+ Vegetable 150+200 gm	Ragi 30 gm +besan 50gm vegetable chilla + chnana dal chutney
10-10.30	Milk 100ml turmeric		