

Week 3

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8- 8.30am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 9.30am	Two Moong dal vegetables chilla	Barbati 50gm vegetables salad	Two vegetables idli and chana dal chutney
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Rice 40gm Panner 50gm Vegetables pulao and Choley 30gm	Dalia 30 gm plain And Dal50gm Dal bhaji	Three plain Dosa And vegetables sambhar as much as u want
10- 10.30	Milk 100ml turmeric		