

Week 4

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	Oats 30gm+moong 20gm dosa +Vegetable 150-200 gm chana dal + curd chutney	Three besan dhokla and pudina + curd chutney	Mot 50gm steamed sauté usal vegetable 150-200gm
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 6PM	Fruits 100gm ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Oats 60gm+ moong dal 30gm Vegetable 150+200gm Make oats moong dal vegetable khichdi	Rava 30gmgm+ panner 30gm Vegetable 150+200gm Rava panner uttapam	Rice 60gm Masoor dal 30gm lauki tomatoes dal bhaji Rice and dal bhaji
10- 10.30	Milk 100ml turmeric		