

WEEK 4

| Timing        | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday   | Friday /Sunday  |
|---------------|---|---|---|
| 5.30-7am      | One glass of water + lemon water +Pinch of jerra powder   |   |   |
| 7-8.30am      | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon  |   |   |
| 8.30-9am      | barbati 30gm<br>Vegetable 150-200 gm<br>Vegetable salad<br><b>One egg white</b>                                       | Moong Sprouts 30gm<br>Vegetable 150-200 gm<br>Steamed soaked and sauteed<br><b>One egg white</b>  | Barbati 30gm<br>Steamed soaked and sauteed Vegetable 150-200 gm<br><b>One egg white</b>                               |
| 12-1          | buttermilk<br>+ one spoon 10gm chia seeds   |   |   |
| 1-1.30        | Vegetable salad 150 gm- 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/jowar +<br>Egg bhurji three egg white<br>Vegetable 100-200 gm <b>or</b><br>Paneer 50gm vegetables bhurji | Masoor 50 gm soaked grind it with vegetable make chilla<br>Grated paneer 50gm<br><b>Vegetable 150+200 gm masoor and paneer vegetable chilla</b> | Ragi 30 gm +besan 50gm vegetable chilla + chana dal chutney <b>or</b><br>4-5 ragi vegetable idli and vegetable sambar |
| 10-10.30      | Milk 100ml turmeric   |   |   |