

WEEK 2 24/6/24

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
6am	4-5 besan dhokla Vegetable 150-200 gm salad One boiled egg	Moong dal sprouts 50gm Vegetable idli and pudina chutney one boiled egg	Besan 30gm vegetable 150-200 gm chilla and vegetable one boiled egg
12-1	Butter milk + 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 Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each + mix seeds one spoon		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50 gm + three egg white Vegetable 150+200 gm Make eggs vegetable bhurji and one roti	Rice 30gm Moong dal 50 gm Vegetables khichdi and kadhi	Sevai 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		