

WEEK 3 1/7/24

| Timing    | Monday/Wednesday/<br>Saturday  | Tuesday/ Thursday   | Friday /Sunday   |
|-----------|--|---|--|
| 5.30-7am  | One glass of water + lemon water +Pinch of jeera powder  |   |  |
| 7-8.30am  | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon                                 |   |  |
| 10 am     | Mots 50gm<br>Vegetable 150-200 gm<br>Egg white optional  | Masoor sabut Sprouts<br>50gm<br>Vegetable 150-200 gm<br>One eggs white (optional)<br>Steamed soaked make a chilla | Poha handful+Black chana 30gm steamed sauté vegetable Poha 150-200 gm<br><br>Or Three eggs white vegetables salad                    |
| 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 / (80gm) roti<br><br>Dal 20gm +Sabji one plate                            |   |  |
|           | सौंफ + अलसी( flax seeds) one spoon each  |   |  |
| 5-5.30    | Fruits 100gm   |   |  |
| 6PM       | ONE CUP GREEN TEA  |   |  |
| 7.00-7.30 | Rice 30 gm + moong dal 50 gm<br>Vegetable 150+200 gm<br><br>Make vegetable chilla and pudina chutney | Chickpeas 30 gm paneer 30gm<br><br>Vegetable 150 + 200 gm sabji<br><br>One roti                                   | Chicken 100gm<br><br>(4 medium size pieces) in less oil/paneer 50gm<br><br>Rice 50gm vegetable 100gm<br><br>Chicken/<br>Paneer pulao |
| 10-10.30  | Milk 100ml turmeric  |   |  |