

WEEK 21 4/3

| 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 soaked overnight,<br>roasted khaskhas half teaspoon |   |   |
| 10 am     | barbati 30 gm+<br>Vegetable 150-200 gm<br>Vegetable salad                                 | Moong Sprouts 30gm<br>Vegetable 150-200 gm<br>Steamed soaked and sauteed              | Black Chana<br>Steamed soaked<br>and sauteed<br>Vegetable 150-<br>200gm |
| 12-1      | Buttermilk + one spoon 10gm chia seeds  |   |   |
| 1-1.30    | Vegetable salad 150 gm- 200 gm Curd one katori  |   |   |
| 2-2.30    | Dal 60gm<br>Sabji one plate   |   |   |
|           | सौंफ + अलसी( flax seeds) one spoon each   |   |   |
| 5-5.30    | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)                              |   |   |
| 6PM       | ONE CUP GREEN TEA   |   |   |
| 7.00-7.30 | Bhagar 30+ moong dal 50 gm<br>Vegetable 100-200 gm chilla                                 | Moong 50 gm paneer 50gm<br>Vegetable 150+200 gm masoor<br>and paneer vegetable chilla | Ragi 30 gm +besan<br>50gm vegetable<br>chilla + chana dal<br>chutney    |
| 10-10.30  | Milk 100ml turmeric   |   |   |