

Week 26 8/4

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + soaked ajwain one spoon		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.00am 10.00	Dalia 30gm+ moong dal 30gm Vegetable 200- 250gm Make Dalia moong dal vegetable khichdi + Curd one katori	Oats 30 gm + paneer 30gm Vegetable 250+300 gm Oats paneer upma + Curd one katori	Roti 30gm Tuvar dal 30gm palak tomatoes dal bhaji Roti and dal bhaji + Curd one katori
12-1 pm	Green tea Buttermilk + one spoon 10gm chia seeds Coconut water Lemon water	Green tea Buttermilk + one spoon 10gm chia seeds	Green tea Buttermilk + one spoon 10gm chia seeds
2-2.30	सौंफ + अलसी(flax seeds) one spoon each		
3-4 pm	Green tea		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA/lemon tea /jasmine tea/hibiscus tea		
7.00-7.30	Vegetable salad 150gm- 200 gm Dal 30gm two egg white	Vegetable salad 150gm- 200 gm Dal 30gm two egg white	Vegetable salad 150gm- 200 gm Dal 30gm two egg white