

WEEK 3 3/6

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	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 30gm Vegetable 150-200 gm One boiled egg	Masoor sabut Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Black chana 30gm steamed sauté usal or 3-4 besan dhokla vegetable 150-200 gm
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 Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm + moong dal 50 gm Vegetable 150+200 gm Make vegetable chilla and pudina chutney	Chickpeas 30 gm + paneer 30gm + Vegetable 150+200 gm sabji One roti	Panner 50gm Rice 50gm vegetable 100gm Paneer pulao
10-10.30	Milk 100ml turmeric		