

WEEK 4 10/6

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	Barbati 30gm + Vegetable 150-200 gm Vegetable salad	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Three egg white sauteed Vegetable 100 - 150gm 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 / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Rice 30+ moong dal 50 gm Vegetable 100-200 gm khichdi Or rice 30gm + 3 egg white + one full egg vegetable pulao	Masoor 50 gm + paneer 50gm Vegetable 150+200 gm masoor and paneer vegetable chilla	Ragi 30 gm +besan 50gm vegetable chilla + chana dal chutney Or Rice 30gm + chicken 200 gm vegetable pulao
10-10.30	Milk 100ml turmeric		