

Week 2 10/6

Timing	Monday/Wednesday/Saturday	Tuesday/Thursday	Friday/Sunday
7.30 -8.30 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 11.30 AM	Moong dal 30gm One bowl of Vegetable 100-150gm salad Vegetable moong dal appe OR Two egg (one white + one full) Vegetable 100-150 gm vegetable omelet	Rava 30gm + besan 20 gm/ paneer +Vegetable salad 100-150 gm Vegetable rava dosa/ vegetable rava idli Or Two egg (one white + one full) Vegetable 100-150 gm vegetable omelet	Three egg white Vegetable 100-150 gm vegetable omelet
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00 2.00pm	One katori vegetables 100gm + curd 50gm Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)+ Dal one katori (30gm) One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		Ajwain and til
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) according to cycle Green tea		
7.00- 7.30PM	Rice 40gm + Paneer 50gm vegetable 150-160gm paneer pulao and kadhi	Ragi 40 gm of Moong dal 50 gm Vegetable 150-160gm make Ragi moong dal vegetable chilla Or chicken 200gm vegetables salad	Roti 40 gm Vegetable 150-160 gm Chicken 100 gm /4 egg white bhurji vegetable steamed vegetable Or 100gm shrimp steamed with vegetable

10.30 Pm	vegetable soup optional or milk 200ml with turmeric
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