

Week 2 3/6

Timing	Monday/Wednesday/Saturday	Tuesday/Thursday	Friday/Sunday
7.30 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		
9.30-10.30 AM	Moong dal 30gm One bowl of Vegetable 100-150gm salad <b>Vegetable moong dal appe OR</b> Two egg (one white + one full) Vegetable 100-150 gm <b>vegetable omelet</b>	Rava 30gm + besan 20 gm/ paneer +Vegetable salad 100-150gm <b>Vegetable rava dosa/ vegetable rava idli</b> <b>Or</b> Two egg (one white + one full) Vegetable 100-150 gm <b>vegetable omelet</b>	Three egg white Vegetable 100-150gm <b>vegetable omelette</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.00pm	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	Seeds (watermelon, sunflower, pumpkin seeds) <b>according to cycle</b>		
6.00PM	Green tea		
7.00-7.30PM	Rice 40gm +Paneer 50gm vegetable 150-160gm <b>paneer pulao and kadhi</b>	Ragi 40 gm of Moong dal 50 gm Vegetable 150-160gm make <b>Ragi moong dal vegetable chilla Or chicken 200gm vegetables salad</b>	Roti 40 gm Vegetable 150-160 gm  Chicken 100 gm vegetable steamed vegetable Or 100gm shrimp steamed with vegetable
10.30 Pm	vegetable soup optional or milk 200ml with tuermeric		