## WEEK 4 10/6

Timing	Manday/Madnasday/	Tuesday/Thursday	Friday /Cunday				
Timing	Monday/Wednesday/	Tuesday/ Thursday	Friday /Sunday				
	Saturday						
5.30-7am	One glass of water + lemon water +Pinch of jerra powder						
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon						
7 0.30am	7-8 almond and one wallut, one anject roasted knasknas hall teaspoon						
10 am	barbati 30gm +	Moong Sprouts 30gm	Black Chana				
	Vegetable 150-200 gm	Vegetable 150-200 gm	Steamed soaked				
			and sauteed				
	Vegetable salad	Steamed soaked and sauteed	Vegetable 150-200 gm				
	One egg white	One egg white					
			One egg white				
12-1	buttermilk + one spoon 10gm chia seeds						
4.4.20							
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori						
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti						
	Dal 20gm						
	Sabji one plate						
	सौंफ + अलसी( flax seeds) one spoon each						
	THE POLICE THAN SEEDS ONE SPOOT EACH						
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)						
6PM	ONE CUP GREEN TEA						
7.00-7.30		Massau 50 am 1 managu 50am	Dog: 20 am thosan				
7.00-7.30	Oats/wheat 30 roti	Masoor 50 gm + paneer 50gm	Ragi 30 gm +besan 50gm vegetable				
	Egg bhurji three egg white	Vegetable 150+200 gm masoor	chilla + chana dal				
	Vegetable 100-200 gm or	and paneer vegetable chilla	chutney or				
	Chicken 200 gm vegetable		Chicken 200 gm				
	salad	Chicken 200 gm vegetable	vegetable salad				
		salad					
10-10.30	Milk 100ml turmeric						