

WEEK 3

Timing	Monday/Wednesday/Saturday	Tuesday/ Thursday	Friday /Sunday
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	MoONG 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable TIKKA	Masoor sabut Sprouts 60gm Vegetable 150-200 gm Steamed soaked and sauteed MAKE CHILLA	Black chana 30gm steamed sauté usal 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 / (60gm) roti + Dal 20gm + Sabji one plate		
	सौंफ + अलसी (flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice 50 gm + paneer 30gm Vegetable 150+200 gm Make panner vegetable pulao	One jowar roti 50 gm + Paneer 50 gm Vegetable 150+200 gm bhurji	Four vegetable idli Vegetable sambar
10-10.30	Milk 100ml turmeric		