

Week 2

| Timing | Monday/Wednesday/ Saturday | Tuesday/ Thursday | Friday /Sunday |
|---------------|---|---|---|
| 6-7am | One glass of water + lemon one spoon juice +Pinch of dalchini powder | | |
| 7-8.30a | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Oats 30gm+moong 20gm dosa +Vegetable 150-200 gm chana dal + curd chutney | Three besan dhokla and pudina + curd chutney | Mot 50gm steamed sauté usal vegetable 150-200gm |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2-2.30 | Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | |
| 3-3.30 | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | Fruits 100gm | | |
| 6PM | ONE CUP GREEN TEA+ handful of phutana / makhana | | |
| 7.00- 7.30 | Oats 60gm+ moong dal 30gm Vegetable 150+200gm Make oats moong dal vegetable khichdi | Rava 30 gm paneer 30gm Vegetable 150+200gm Rava panner uttapam | Rice 60gm Masoor dal 30gm lauki tomatoes dal bhaji Rice and dal bhaji |
| 10- 10.30 | Milk 100ml turmeric | | |