

WEEK 4 22/7

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon water +saunf one spoon soaked over night		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Moong 30 gm + Vegetable 150-200 gm Vegetable salad	Mot Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	<b>(Two egg white+ one full egg)</b> Steamed and sauteed Vegetable 150-200gm
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+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Oats /wheat 30 roti Egg bhurji three egg white Vegetable 100-200 gm	Chicken 2000 gm + Vegetable 150+200 gm = roti one	Ragi 30 gm +besan 50gm vegetable chila + chana dal chutney
10-10.30	Milk 100ml turmeric		