

WEEK 2 26/8

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7-8am	One glass of water + lemon water +Pinch of dalchini powder + one apple		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	4-5 besan dhokla  <b>Or</b> two idli and vegetable 100-150 gm sambar Curd one katori	Moong dal sprouts 30gm  Vegetable idli and pudina chutney  Curd one katori	Besan 30gm vegetable 150-200 gm chilla and vegetable one  Curd one katori
12-1	Butter milk + one spoon 10gm chia seeds		
-1.30	Vegetable salad 150gm- 200 gm		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) roti  Dal 20gm  Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each + mix seeds one spoon		
5-5.30  6PM	Fruits 100gm  ONE CUP GREEN TEA  <b>boiled egg white</b>		
7.30-8.30	Roti 50 gm+ three egg white /paneer 50gm Vegetable 150+200 gm  Make eggs/paneer vegetable bhurji and one roti	DALIA 30M + MOONG AL 30GM VEGETABLE KHICHDI  Or  Two roti + three katori dal bhaji  Add sabji 100-150gm	Sevai 50gm and  Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		