

WEEK 2 15/4

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
8.30-9am	4-5 besan dhokla Or moong dal dhokla vegetable 150-200 gm Two boiled egg white (Optional)	Mot sprouts 50gm vegetable 150-200 gm Aape or उसळ Two boiled egg white(optional)	Besan/ Moong 50gm vegetable 150-200 gm chilla and vegetable Two boiled egg white(optional)
12-1	Butter milk + 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		
	One handful peanut	One handful phutana	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti/jowar 50 gm+ three egg white /paneer 50gm low fat Vegetable 150+200 gm Make eggs vegetable bhurji and one roti	Ragi /jowar roti 50 gm+ chicken 4 pieces sabji or soya chunks 30gm sabji Vegetable 150+200 gm	Rice /jowar 40gm and Choely 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		