

Week 3 24/6

Timing	Monday/Tuesday/wednesday
Morning 7pm	One glass of water + lemon juice one spoon + dalchini powder water
Mid-Morning 9-9.30	8-10 Almond + One Walnut
Breakfast 10am 11am	Pear/papaya 100gm Coconut water
Mid meal 2pm	Vegetable salad and 3-4 egg white vegetable salad
Lunch 4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup /plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of ajwain +two cup of water reduces it half by boiling or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	<b>Option 1</b> Paneer 100 gm vegetables (mushrooms/green onion/beans /simla Mirch) sautéed <b>Option 2</b> Soya chunks 30gm + mot sprouts (mushrooms/green onion/beans /simla Mirch) sautéed (avoid if thyroid) <b>Option 3</b> -chicken 200gm vegetable salad boiled

Saturday liquid day 2

Timing	Thursday / friday / sunday
Morning 7pm	One glass of water + lemon water+ jeera/saunf water
Mid-Morning 9-9.30	8-10 Almond + One Walnut
Breakfast 10am 11am	Two kiwis Coconut water
Mid meal 2pm	Curd/chena low fat 50gm + one apple
Lunch 4pm	Add three spoons of soaked chia seeds + two small spoon curd to make buttermilk or Add three spoons of soaked chia seeds + vegetable soup /plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of dhania seed + two cup of water reduces it half by boiling  or same soaked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	<b>Option 1</b> Masoor dal 30gm+ panner 20gm vegetable soup <b>Option 2</b> Tuvar dal 30gm+ panner 20gm vegetable soup <b>Option 3</b> -chicken 100gm vegetable salad boiled