

WEEK 4 1/7

Timing	Monday/Tuesday/wednesday
Morning 7pm	One glass of water + lemon water+ jeera/dhania water
Mid-Morning 9-9.30	5-6 Almond + One Walnut+ 5-6 Manuka + One Anjeer (Soaked overnight)
Breakfast 10am 11am	One Apple Coconut water
Mid meal 2pm	One bowl vegetable salad + curd or Vegetable kadhi (curd 25gm low fat + besan 10gm + vegetables50gm) Or ragi one spoon + vegetable soup
Lunch 4pm	Add three spoons of soaked sabja/chia seeds + plain water
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
	One spoon of saunf +two cup of water reduces it half by boiling or same soked overnight and have
Mid meal	Green tea/ rose tea /lemon tea /green coffee/ black coffee
Dinner 5-6 pm	Option 1 Masoor dal 30gm+ panner 20gm vegetable soup Option 2 Tuvar dal 30gm+ panner 20gm vegetable soup Option 3 fish100gm vegetable salad boiled

Timing	Thursday / friday / sunday
Morning 7pm	One glass of water + lemon juice one spoon + jeera/ajawain water
Mid-Morning 9-9.30	5-6 Almond + One Walnut
Breakfast 10am 11am	Coconut water
Mid meal 2pm	Vegetable soup + add chana dal Satu two spoon
Lunch 4pm	Add three spoons of soaked sabja seeds + 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	Option 1 Mix dal 50gm vegetable 250-300gm Dal soup Option 2 100gm shrimp vegetable salad