

Week 2 9/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Oats 30 gm +moong 20gm dosa +Vegetable 150-200 gm chana dal + curd chutney	Three besan dhokla and pudina + curd chutney or besan vegetable chilla	Mot sprouts 50gm steamed sauté usal vegetable 150- 200 gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm - 200 gm+ Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00-7.30	Oats 50gm + moong dal t0gm Vegetable 150+200 gm Make oats moong dal vegetable khichdi	Rava 50 gm paneer 60gm Vegetable 150+200gm Rava paneer uttapam Or rice paneer vegetable pulao and kadhi	Rice 50gm Masoor dal 60gm lauki tomatoes dal bhaji Rice and dal bhaji
10-10.30	Milk 100ml turmeric		