

Week 4 23/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon juice one spoon +Pinch of roasted jeera powder powder		
7-8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	30gm Barbarti vegetable 150-200 gm salad steamed and sauteed	Mot 30gm sprouts vegetable 150-200 gm salad steamed and sauteed	Besan 30gm vegetable 150-200 gm chilla
12-1	COCONUT WATER/lemon water/buttermilk  + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / 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		
7.00- 7.30	Rice 30 gm + Masoor dal 60gm Vegetable 150+200 gm  <b>Make vegetable khichdi</b>	Rice atta 30 gm+ Besan 30gm  paneer 30gm  Vegetable 150+200 gm  <b>Uthappam with paneer on top</b>	Quinoa/DALIA 30gm  Choely 30gm sabji  150+200gm salad <b>Vegetable Dalia + choely sabji</b>
10- 10.30	Milk 100ml turmeric		