

Week 2 7/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
4 am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
5.00 am	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 black chana 30gm vegetable salad	Mot 50gm steamed sauté usal vegetable 150-200 gm
12-1	Soya milk 200ml without sugar /buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori + अलसी(flax seeds) one spoon each		
2-2.30	Oats/dalia 30 gm + moong dal 60gm Vegetable 150+200 gm Make oats moong dal vegetable khichdi or Jowar / Bajra/Ragi/Wheat / (60gm) roti + Dal 20gm Sabji one plate	Rava 30 gm paneer 60gm Vegetable 150+200 gm Rava paneer uttapam Or roti 30 gm + soya 50gm Vegetable 150+200 gm or Jowar / Bajra/Ragi/Wheat / (60gm) roti + Dal 20gm Sabji one plate	Rice/oats 30gm + Masoor dal 60gm lauki tomatoes dal bhaji Rice and dal bhaji or khichdi or 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/dalia 30 gm + moong dal 60gm Vegetable 150+200 gm Make oats moong dal vegetable khichdi	Rava 30 gm paneer 60gm Vegetable 150+200 gm Rava paneer uttapam Or roti 30gm + soya 50gm Vegetable 150+200gm	Rice/oats 30gm + Masoor dal 60gm lauki tomatoes dal bhaji Rice and dal bhaji or khichdi
10-10.30	Milk 100ml turmeric		

