

Week 3 14/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon juice one spoon +Pinch of dalchini powder		
	7-8 almond soaked overnight and remove its skin and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30	Rava 30 gm+ paneer 20gm Vegetable 150-200 gm Vegetable upma One boiled egg white	Moong dal 50 gm Vegetable 150-200 gm Moong dal vegetable Appe or Moong dal idli/ moong salad One boiled egg white	Poha 30 gm +Black chana 20gm steamed sauté vegetable 150-200 gm Poha One boiled egg white
12-1	Fruit + makhana /popcorn/One handful phutana		
3-3.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Chicken 100gm (4 medium sized pieces in very less oil) + Rice 30gm + vegetable salad or Oats 30 gm + moong dal 30gm Vegetable 150+200 gm Make Dalia moong dal vegetable khichdi	Oats/quinoa 30 gm+ paneer 30gm Vegetable 150+200 gm Oats vegetable upma Or 3-4 vegetables idli and vegetables sambar	Chicken 100gm (4 medium sized pieces in very less oil) + one roti + vegetable salad Or chicken pulao
10-10.30	Milk 100ml turmeric		