

Week 4

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30	4-5 besan dhokla Or overnight soaked oats + one fruit+ grated paneer 30gm + dry fruits + Two boiled egg (1 white +1 full) Vegetable salad 150 gm-200 gm	Moong dal sprouts 50gm Vegetable Aape Two boiled egg (1 white +1 full) Vegetable salad 150 gm-200 gm	Besan 50gm vegetable 150-200 gm chilla and vegetable Two boiled egg (1 white +1 full)
12-1	Butter milk + one spoon 10gm chia seeds		
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		
	One handful peanut	One handful phutana	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Roti 50 gm+ three egg white Vegetable 150+200 gm Make eggs vegetable bhurji and one roti Or egg roll	Rice 30gm + chicken 4 pieces Vegetable 150+200 gm Chicken biryani Or 200 gm chicken grilled with vegetable salad	Rice 40gm and Soya granules 30gm vegetable sabji Or paneer 50gm stuffed vegetable two bread sandwich
10-10.30	Milk 100ml turmeric		