

WEEK 2 21/10

Timing	Monday/Wednesday/Saturday	Tuesday/ Thursday	Friday /Sunday
8am	One glass of water + lemon water +Pinch of dalchini powder		
8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9.30am	4-5 besan dhokla Two boiled egg white	Moong dal sprouts 50gm Vegetable Aape Two boiled egg white	Besan 50gm vegetable 150-200gm chilla and vegetable Two boiled egg white
12-1	Butter milk + one spoon 10gm chia seeds		
1.30-2	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (80gm) 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 60 gm+ three egg white Vegetable 150+200 gm Make eggs vegetable bhurji and two roti or Chicken 100gm (4 medium sized pieces in very less oil) + one roti + vegetable salad	Rice 50 gm+ chicken 4 pieces Vegetable 150+200 gm pulao Or dalia 40gm + dal 60gm vegetable khichadi	Rice 40gm and Soya granules 30gm vegetable pulao
10-10.30	Milk 100ml turmeric		