

WEEK 3 7/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6am	One glass of water + lemon water +Pinch of jeera powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7.45	Mots 30gm Vegetable 150-200 gm One boiled egg white	Masoor sabut Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed one boiled egg white	Black chana 30gm steamed sauté usal vegetable 150-200 gm one boiled egg white
12-1	Buttermilk + one spoon 10gm chia seeds		
1-2.00	Vegetable salad 150 gm- 200 gm + Curd one katori		
	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm +Sabji one plate		
3PM	सौंफ + अलसी(flax seeds) one spoon each		
4-5	One handful peanut	One handful roasted popcorn	One handful makhana
6PM	Fruits 100gm ONE CUP GREEN TEA		
7.30-8.00	Rice 50 gm + three egg white Vegetable 150+200 gm Make eggs vegetable pulao	Chickpeas pasta 50 gm + paneer 50gm Vegetable 150+200 gm pasta	Chicken 100gm Rice noodles 30gm vegetable 100gm Chicken noodles
6am	Milk 100ml turmeric		