WEEK 4

Monday/Wednesday/	Tuesday/ Thursday	Friday /Sunday
Saturday		
One glass of water + lemon wa	l ater +saunf one spoon soaked ove	rnight
7-8 almond and one walnut, or	ne anjeer roasted khaskhas half te	easpoon
barbati 30 gm +	Moong Sprouts 30gm	Steamed and
Vegetable 150-200 gm	Vegetable 150-200 gm	sauteed Vegetable 150-200 gm (Two
Vegetable salad	Steamed soaked and sauteed	egg white+ one full egg)
buttermilk		
+ one spoon 10gm chia seeds		
Vegetable salad 150gm- 200gm+ Curd one katori		
4-5 idli and vegetable sambar	Rice 30gm + chicken 200gm	Chicken 100gm
	Vegetable biryani	Rice noodles 30gm vegetable 100gm
		Chicken noodles
सौंफ + अलसी(flax seeds) one s	spoon each	
Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
ONE CUP GREEN TEA		
6PM Chickpeas pasta 50 gm + paneer 50gm	Chicken 200 gm+	Oats 30 gm +besan
	Vegetable 150+200 gm	50gm vegetable chilla + chana dal
Vegetable 150+200 gm pasta		chutney
Milk 100ml turmeric	I	
	Saturday One glass of water + lemon wa 7-8 almond and one walnut, o barbati 30 gm + Vegetable 150-200 gm Vegetable salad buttermilk + one spoon 10gm chia seeds Vegetable salad 150gm- 200gr 4-5 idli and vegetable sambar सौंफ + अलसी(flax seeds) one s Fruits 100gm+ mix seeds (pum ONE CUP GREEN TEA Chickpeas pasta 50 gm + paneer 50gm Vegetable 150+200 gm pasta	Saturday One glass of water + lemon water +saunf one spoon soaked over 7-8 almond and one walnut, one anjeer roasted khaskhas half te barbati 30 gm + Moong Sprouts 30gm Vegetable 150-200 gm Vegetable 150-200 gm Vegetable salad Steamed soaked and sauteed buttermilk + one spoon 10gm chia seeds Vegetable salad 150gm- 200gm+ Curd one katori 4-5 idli and vegetable sambar Rice 30gm + chicken 200gm Vegetable biryani Rice 30gm + chicken 200gm Vegetable biryani Rift + अलसी(flax seeds) one spoon each Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seed ONE CUP GREEN TEA Chickpeas pasta 50 gm + paneer 50gm Vegetable 150+200 gm pasta