

Week 2 28/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6-7am	One glass of water + lemon one spoon juice +Pinch of dalchini powder		
7	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7AM	Oats 30 gm+moong 20gm dosa +Vegetable 150-200 gm chana dal + curd chutney OR OATS MOONG DAL VEGETABLE UPMA	Three besan dhokla and pudina + curd chutney OR BLACK CHANA 30GM VEGETABLE SALAD	Mot 50gm steamed sauté usal vegetable 150-200 gm
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm + Curd one katori		
2-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA + handful of phutana / makhana		
7.00- 7.30	Oats 60 gm + moong dal 30gm Vegetable 150+200 gm Make oats moong dal vegetable khichdi	Rava 30 gm paneer 30gm Vegetable 150+200 gm Rava paneer uttapam	Rice 60gm Masoor dal 30gm lauki tomatoes dal bhaji Rice and dal bhaji
10-10.30	Milk 100ml turmeric		