

WEEK 3 9/9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
8.30-9am	Mots 30gm Vegetable 150-200 gm	Masoor sabut Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Black chana 30gm steamed sauté usal vegetable 150-200 gm
12-1	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 / (80gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful peanut	One handful roasted jowar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 50 gm+ paneer 50gm Vegetable 150+200 gm Make paneer vegetable pulao	One jowar roti 50 gm paneer 50gm Vegetable 150+200 gm bhurji	Rice 30gm + choely 50gm vegetable 100gm choely pulao
10-10.30	Milk 100ml turmeric		