

WEEK 4 16/9

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	barbati 30gm Vegetable 150-200 gm Vegetable salad One egg white	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed One egg white	Barbati 30gm Steamed soaked and sauteed Vegetable 150-200 gm One egg white
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 / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Oats 30 roti/jowar + Egg bhurji three egg white Vegetable 100-200 gm or Paneer 50gm vegetables bhurji	Masoor 50 gm soaked grind it with vegetable make chilla Grated paneer 50gm Vegetable 150+200 gm masoor and paneer vegetable chilla	Ragi 30 gm +besan 50gm vegetable chilla + chana dal chutney or 4-5 ragi vegetable idli and vegetable sambar
10-10.30	Milk 100ml turmeric		