

Week 2 4/11

Timing	Monday/Wednesday/Saturday	Tuesday/Thursday	Friday/Sunday
5-6am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10.30 AM	Moong dal 30gm  One bowl of Vegetable 100-150gm salad ( steam and sauteed ) <b>Vegetable moong dal appe OR sauteed</b>	Rava 30 gm + besan 20 gm/paneer + Vegetable salad 100-150 gm <b>Vegetable rava dosa/ vegetable rava idli OR MOONG 50GM VEGETABLE SALAD</b>	Three egg white  Vegetable 100-150 gm <b>vegetable omelet OR BLACK CHANA 50GM VEGETABLE SALAD</b>
12.00	Buttermilk 200ml+ soaked chia seeds 5gm		
1.00  2.00pm	One katori vegetables 100gm + curd 50gm  Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm)  Dal one katori (30gm)  One katori sabzi mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		Ajwain and til
4.30PM	One fruit 100gm (less sweet)		
5.00PM  6.00PM	Seeds (watermelon, sunflower, pumpkin seeds)  Green tea		
7.00-  7.30PM	Rice 40gm + Paneer 50gm  vegetable 150-160 gm <b>paneer pulao and kadhi</b>	Ragi 40 gm + Moong dal 50 gm Vegetable 150-160gm <b>Ragi moong dal vegetable chilla</b>  <b>Or ragi dosa and moong dal vegetable sambar</b>  <b>Or jowar dalia 30gm and 40 gm dal vegetable bhaji</b>	Sattu /kuttu Roti 40 gm + Paneer 60g Vegetable150-160 gm bhurji or  Chicken 100 gm vegetable steamed vegetable
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		