

Week 2 14/10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6am	One glass of water + lemon water +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7.45	4-5 besan dhokla  <b>Or</b> overnight soaked oats + one fruit+ grated paneer 30gm + dry fruits  <b>+ Two boiled egg (1 white +1 full) Vegetable salad 150 gm- 200 gm</b>	Moong dal sprouts 50gm  Vegetable Aape  <b>Two boiled egg (1 white +1 full) Vegetable salad 150 gm- 200 gm</b>	Besan 50gm vegetable 150-200 gm chilla and vegetable <b>Two boiled egg (1 white +1 full)</b>
12-1	Butter milk + one spoon 10gm chia seeds		
1-2.00	Vegetable salad 150 gm- 200 gm + Curd one katori		
	Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plate		
3PM	सौंफ + अलसी( flax seeds) one spoon each		
4-5	One handful peanut	One handful phutana	One handful makhana
6PM	Fruits 100gm  ONE CUP GREEN TEA		
7.30-8.00	Roti 50 gm+ three egg white Vegetable 150+200 gm  Make eggs vegetable bhurji and one roti  Or egg roll	Rice 30gm + chicken 4 pieces  Vegetable 150+200 gm  Chicken biryani  Or 200 gm chicken grilled with vegetable salad	Rice 40gm and  Soya granules 30gm vegetable sabji  Or paneer 50gm stuffed vegetable two bread sandwich
10-10.30	Milk 100ml turmeric		

**Note** overnight soaked oats + one fruit+ grated paneer 30gm + dry fruits ( you need to adjust dry fruits and fruit . not allowed to repeat it )

