

WEEK 4

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
6am	One glass of water + lemon water +saunf one spoon soaked overnight		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
7.45	barbati 30 gm + Vegetable 150-200 gm Vegetable salad	Moong Sprouts 30gm Vegetable 150-200 gm Steamed soaked and sauteed	Steamed and sauteed Vegetable 150-200 gm (Two egg white+ one full egg)
12-1	buttermilk + one spoon 10gm chia seeds		
1-2.00	Vegetable salad 150gm- 200gm+ Curd one katori		
	4-5 idli and vegetable sambar	Rice 30gm + chicken 200gm Vegetable biryani	Chicken 100gm Rice noodles 30gm vegetable 100gm Chicken noodles
3PM	सौंफ + अलसी(flax seeds) one spoon each		
4-5	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
6PM	Chickpeas pasta 50 gm + paneer 50gm Vegetable 150+200 gm pasta	Chicken 200 gm+ Vegetable 150+200 gm	Oats 30 gm +besan 50gm vegetable chilla + chana dal chutney
7.30-8.00	Milk 100ml turmeric		