

WEEK 3 28/10

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		
9-10 am	Mots 30 gm + paneer 20gm Vegetable 150-200 gm Vegetable upma	Masoor sabut Sprouts 60gm 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 150gm- 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	Fruits 100gm		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice /dalia /kodo rice 50 gm + paneer 30gm Vegetable 150+200 gm Make vegetable pulao or	One jowar roti /kuttu atta /quinoa 50 gm + paneer 50 gm Vegetable 150+200 gm bhurji	Four vegetable idli Vegetable sambar Or oats 30 g paneer 60g vegetable upma
10-10.30	Milk 100ml turmeric		