

WEEK 4 4/11

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	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		
10 am	Rava 30 gm+ Vegetable 150-200 gm  Vegetable upma  One egg boiled	Masoor Sprouts 30gm  Vegetable 150-200 gm  Steamed soaked and sauteed	4-5 dhokla 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+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Oats (two spoon roasted atta) + Moong Dal 50 gm  Vegetable 100-200 gm make chili and pudina chutney  Or oats moong dal vegetables upma	Masoor 50 gm + paneer 50gm  Vegetable 150+200 gm masoor and paneer vegetable chilla  Or  Masoor dal vegetables Paneer soup	Ragi/moong dal 30 gm +besan 50gm vegetable chilla + chana dal chutney
10-10.30	Milk 100ml turmeric		