

Week 4 24/6

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
	One glass of water + One spoon of lemon juice one saunf soaked overnight		
	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30- 10AM	Choely 30gm steamed sauteed  One bowl of Vegetable 100- 150gm salad  Vegetable	Masoor sprouts 30gm soaked steamed sauteed  Vegetable 100-150 gm  vegetable salad	3-4 besan dhokla vegetable salad
12.00	Buttermilk 200ml+ chia seeds 5gm		
1.00  2.00pm	One katori vegetables 100gm + curd 50gm  Jowar Roti/bajra roti / Ragi/Rajgira atta/ wheat (30 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		
4.30PM	One fruit 100gm (less sweet)		
5.00PM  6.00PM	Seeds (watermelon, sunflower, pumpkin seeds)  Green tea		
7.00- 7.30PM	Rice/quinoa 40 gm + PANEER 50GM Vegetable100 -150gm pulao  (You can interchange the days)	Rava 40 gm  Moong dal 50 vegetable Vegetable100 -150gm  Uthappam	Oats/ kodo rice 40gm  Soya granules 30gm Vegetable 100-150 gm chilla / khichadi and pudina chutney
10.30 Pm	MILK 100ML		