



<div>  <h1>Non-Veg Week 4 Diet</h1> </div>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	1 TBSP Flaxseeds (Coarsely ground) + 1/4 TSP Cinnamon Powder						
BREAKFAST	Egg Whites on Veg Wheat Toast	1 Cup Plain Almond Milk (No Sugar) + 1 Cup Muesli (Plain)	Pumpkin lasagne topped with Egg Whites	1 Cup Milk (No Sugar) (Double Skimmed Cow's Milk + 1 Cup Rolled Oats	Vegetable Fishy Bites	50 g Low Fat Paneer + 1 Cup Muesli (PLAIN)	Chicken porridge pot
MID MORNING	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 Almonds + 2 Walnuts	Green Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Fruit + 6 to 8 Pinenuts + 4 to 5 Pistachios (Unsalted)
10 TO 15 MINS BEFORE LUNCH	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
LUNCH	1 Bowl Salad (Organic Apple cider vinegar) + 1 Bajra + Jowar + Ragi Bhakri + 2 Pcs Chicken / Fish (Less Gravy)	1 Bowl Salad (Regular salad) + Lemon Garlic Fish with Couscous 1 and 1/2 cup	1 Bowl Salad (1 Tbsp crushed peanuts dressing) + Chicken in Green Gravy + 1 Cup Steamed Quinoa	1 Bowl Salad (Green chutney dressing) + Healthy Protein Roll with coleslaw	1 Bowl Salad (Lemon Pepper dressing) + Ragi Veg Bhakri + Gingery Fish	1 Bowl Salad (Thick curd dressing) + 1 DRY Multi Grain Bhakri + 1 Cup Akoori	1 Bowl Salad (Carom seeds dressing) + 1 DRY Roti + 1/2 Cup Rice + 2 Pcs Chicken / Fish (Less Gravy)
MID NOON	Buttermilk + Greens - 1 glass (100g low fat curd)	Roasted Chana- 2 fist	2 TBSP Mix Seeds (Sunflower + Pumpkin + Melon seeds)	Buttermilk + Greens - 1 glass (100g low fat curd)	Roasted Chana- 2 fist	2 TBSP Mix Seeds (Sunflower + Pumpkin + Melon seeds)	Roasted Chana- 2 fist
EVENING	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Roasted Oats chiwda	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1/2 DRY Bhakri (Millets)	Green / Herbal Tea -1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 2 to 3 Paneer Veg Tikki	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 DRY Methi Thepla	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 Cup Kurmura Chana	Green / Herbal Tea 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1 DRY Khakra Veg Platter (Vegetables spread on Khakra)	Green / Herbal Tea- 1 Cup + 1/4 to 1/2 TSP Cinnamon Powder + 1/2 Vegetable Wheat Sandwich
10 TO 15 MINS BEFORE DINNER	2 TSP Methi Seeds (Soaked 8 to 10 hours) OR 2 TSP Methi Seeds Powder						
DINNER	1 Bowl Salad / Mix Veg Soup (Unstrained) + Buckwheat Chicken in Pesto Base-1 and 1/2 cup	1 Bowl Salad / Mix Veg Soup (Unstrained) + 1 DRY Whole wheat Phulka + 2 Pcs Chicken / Fish (Less Gravy)	1 Bowl Salad / Tomato Soup (Unstrained) + Patrani Macchi + 1/2 Cup Brown Rice / 1 DRY Roti	1 Bowl Salad / Palak Soup (Unstrained) + 1 dry Phulka + Chicken Gilafi on Skewers-4	1 Bowl Salad / Tomato Soup (Unstrained) + 1/2 Cup Millets + 2 Pcs Chicken / Fish (Less Gravy)	1 Bowl Salad / Mix Veg Soup (Unstrained) + Baked Fish Fingers + Nuti Chutney 2 TBSP	1 Bowl Salad / Tomato Soup (Unstrained) + Grilled Chicken with Dill leaves + Curd Vegetable Dip 1 small cup
BED TIME	1 Cup Milk (Same as Morning) +3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) +3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) +3 to 4 Strands of kesar + 1 to 2 Elaichi pods	1 Cup Milk (Same as Morning) + 1/2 TSP Turmeric Powder	1 Cup Milk (Same as Morning) +3 to 4 Strands of kesar + 1 to 2 Elaichi pods