

Days	Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
7.30AM	One glass of water + one spoon of lemon juice one spoon of saunf soaked overnight		
8.30 am	7-8 Almond, half walnut		
10.00am	One big bowl vegetable salad 100gm, + handful of sprouts Butter milk 1000ml+ chia seeds 1 spoon (raw) soak it (have it sip by sip whole day)		
	Wheat roti 60gm Dal 20gm Sabji one plate		
11.30PM	Buttermilk + chia seeds one spoon		
3.00pm	Flaxseeds and saunf Green tea		
3.30PM	Mix seeds one spoon		
4.30 PM	Green tea		
5.00PM	Fruit 100gm		
7.30-9.00PM	Moongdal-50gm+ 10g rice Vegetables-150-160gm Make veg dal khichadi	30gm panner + chick peas 30gm salad with add vegetables	Masoor dal 30gm+ Panner 60gm Vegetable salad
10.30 pm			