

Week 6 – (8/4/23)

Timing	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
8.30am	One glass of water + One spoon dhaniya seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30-10.30AM	One cup of milk And fruit	Massor sprouts 30gm soaked steamed sauteed Vegetable 100- 150gm vegetable salad	Two boiled egg white vegetable salad
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi	Oats 30gm +besa 30gm Vegetable100- 150gm khichadi	Four idli vegetable sambhar Vegetable100- 150gm