

WEEK 8 (20/5/23)

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|---|---|--|
| 5.30-7am | One glass of water + lemon water + dhania seeds soaked overnight | | |
| | Protein supplement one scoop post workout | | |
| 10 am | Milk 7-8 almond and one walnut roasted khaskhas half teaspoon 100ml and fruit 100gm Smoothie | Milk 100ml and fruit 100gm 7-8 almond and one walnut roasted khaskhas half teaspoon Smoothie | Three egg whites' boiled egg vegetable |
| 12-1 | Buttermilk+ one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2.00-2.30 | Moong dal 60gm vegetable chilla and pudina chutney | Besan 60gm vegetable chilla and pudina chutney | Choely 30gm and panner 20gm Vegetable salad |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | mix seeds (pumpkin watermelon sunflower seeds) | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Mot sprouts +soya chunk 30gm Vegetable salad | Rajhma 30gm and panner 30gm salad | Four eggs white + oats 30gm chilla |
| 10-10.30 | Vegetable soup | | |