

WEEK 5 (22/4/23)

TIMING	Monday/Wednesday	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + One spoon of lemon juice + one spoon of saunf soaked overnight		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
8.00-9.30AM	Milk and fruit + 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted	Rajhma30gm Vegetable 100-150gm Soaked Steamed and sauteed	Two egg white vegetable salad
12.00	Buttermilk 200ml+ chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2.00pm	Jawar Roti/bajra roti / Ragi/Rajgira atta/ wheat (60 gm) Dal one katori One katori sabji mostly use vegetables		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water Saturday is liquid day		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
6.30-7pm	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma	Moong dal 50gm Vegetable 150-200gm+ panner 20gm Moong dal chilla	Rice 50gm +Black chana 40gm sabji vegetable 150-200gm salad
10.30 Pm	One cup(100ml) of milk no sugar/no malai or vegetable soup		

