

WEEK 9 (27/4/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10.00	Tomato and palak vegetable soup	Lauki and tomato vegetable soup	Tomato and carrot soup
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	One roti + dal two katori One plate sabji	One roti + Dal bhaji two katori	Rice 30gm and choely 40gm 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	Panner 100gm steamed or grilled Vegetable salad	Rice 30gm and soya chunk sauteed 30gm salads or Noodles 30gm and soya chunks 30gm add vegetable	Jawar roti 30g 30gm dal bhaji
10-10.30	Vegetable soup		