

Week 5(27/5/23)

Timing	Monday/Wednesday/ Saturday liquid day 1	Tuesday/Thursday	Friday/Sunday
6.30AM	One glass of water + pinch of jeera powder + lemon juice one spoon optional		
7.00am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30_ 10	Ragi 30gm+wheat 30gm roti dal 30gm add Sabji dal bhaji	Two small wheat roti 60gm + moong dal cauliflower sabji 30gm sabji	Jawar roti 60gm Chana dal 30gm sabji
In between	Buttermilk 500ml+ chia seeds		
1pm	Rajhma 30gm Soaked steam and sauteed Vegetable salad	fruit	Popcorn one handful and roasted phutana half hand ful Vegetables make bhel
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
6.30-7PM	Roti 30gm Choely 50gm vegetable salad	3-4idli and vegetable sambhar Chana dal chutney	Rice 30gm +Panner 30gm vegetable 150-200 g pulao and kadhi
10.30 Pm	One cup(100ml) of milk no sugar/no malai Or vegetable soup		