

WEEK 7

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice+ dhania seeds soaked overnight		
10 am	Milk 50 ml and fruit 100gm 7-8 almond and one walnut, roasted khaskhas half teaspoon one khajoor	Milk 50ml and fruit 100gm 7-8 almond and one walnut, roasted khaskhas half teaspoon one khajoor	Two egg whites' boiled egg vegetable 7-8 almond and one walnut, roasted khaskhas half teaspoon
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 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts +soya chunk 30gm Vegetable salad	Chicken 200gn vegetable salad	Three eggs white vegetable omleete
10-10.30	Vegetable soup		