

WEEK 8 (27/5/23)

Timing	Monday/Wednesday Saturday liquid 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 am	Two egg whites' boiled egg vegetable salad		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 30gm and choely 30gm 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	Chicken 200gm steamed or grilled Vegetable salad	Mot sprouts 30gm and Roti 30gm 100-150gm salad	Four eggs white 100- 150gm vegetable salad
10-10.30	Vegetable soup		