

Week 5 (3/6/23)

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds+ 5-6 almond and walnut one		
Post work out	Protein supplement or		
9-10 am	Vegetable juice Lauki	Vegetable juice Palak and green apple	Vegetable juice Beet root +apple + carrot
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi	Kodo 30gm Dal one katori sabji Vegetable100-150gm	Ragi dosa 30gm Vegetable100-150gm + chana dal chuteny
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8PM	One roti 30gm/rice 30gm Sabji + Dal 30gm vegetable		