

Week 6(10/6//23)

	Monday/Wednesday/ Saturday fruit day	Tuesday/Thursday	Friday/Sunday
7.00-8.00am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
Post work out	Protein supplement or		
9-8 am	5-6 Almond, one walnut Two boiled egg		
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jawar roti 30gm + One katori 30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8PM	One roti 30gm/rice 30gm Sabji + Dal 30gm vegetable	Dalia 30gm + Moong dal 30gm vegetable 100-150gm	Oats 30gm + panner 30gm vegetable Oats moong dal vegetable upma
9-10 pm	Vegetable soup		