

Week 8(23/6/23)

Days	Thursday/Monday/Saturday	Tuesday/Sunday	Friday/Wednesday
6.30AM	One glass of water + one spoon of lemon juice pinch of jeera powder		
8.30AM	10-11 almond, One walnut		
Post work out	Protein supplement or		
9.30-10.00AM	Vegetable juices 1)Carrot beet root juice one glass 2)Tomatoes + carrot+ beet root juice 3) Lauaki juice 4)Apple+ beet root+ pomegranate juice		
11.00	Jawar Roti/bajra roti / Ragi/Rajgira atta /wheat roti (60 gm) Dal one katori One katori sabji one katori curd		
1.00-2.30PM	One big bowl vegetable salad 200gm, + one katori sprouts		
3.30PM	Pumpkin seeds one spoon + one fruit		
4.30 PM	½ spoon chia seeds soaked in water for half an hour and add in one glass of water		
6.00-7.00PM	Grilled Paneer 20gm + one moong dal chilla(30g) Vegetable salad or Chicken 200gm and	Rice 30gm and panner 50gm salads Or Three Egg white vegetable pulao	Panner 50gm+choely 30gm 50gm salads vegetable khichadi
10.00	One cup of vegetable soup		