

WEEK 8 (24/5/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
8.30-9am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	Protein supplement one scoop post workout		
10 am	Two egg whites' boiled egg vegetable		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Rava30 + moong dal 30gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		