WEEK 7 (27/5/23)

5.30-7am 10 am	Monday/Wednesday Saturday fruit day One glass of water + lemon jui fruit 100gm+ panner 20gm 7-8 almond and one walnut,	Tuesday/ Thursday/ Sunday ce+ dhania seeds soaked over Fruit panner 20gm 7-8 almond and one	Friday / Sunday night Three egg white Vegetable salad
12-1	one anjeer roasted khaskhas half teaspoon Buttermilk+ one spoon 10gm o	walnut, one anjeer roasted khaskhas half teaspoon chia seeds	
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney सौंफ + अलसी(flax seeds) one	Besan 60gm vegetable chilla and pudina chutney spoon each+ one egg white	Choely 30gm and panner 20gm Vegetable salad
5-5.30 6PM 7.00-7.30	ONE CUP GREEN TEA	Sove chunk 20gm	Urd dal 20gm i magna
7.00-7.30	Mot sprouts +soya chunk 30gm + ragi chilla 30g Vegetable salad	Soya chunk 30gm Vegetable chilla Will send u recipe	Urd dal 30gm + moong 30gm dal vada Will send u recipe Vegetable sambhar
10-10.30	Vegetable soup		

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday	
5.30-7am	One glass of water + lemon juice+ dhania seeds soaked overnight			
10 am	fruit 100gm+ panner 20gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Fruit panner 20gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Three egg white Vegetable salad	
12-1	Buttermilk+ one spoon 10gm chia seeds			
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori			
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Besan 60gm vegetable chilla and pudina chutney	Choely 30gm and panner 20gm Vegetable salad	
	सौंफ + अलसी(flax seeds) one spoon each+ one egg white			
5-5.30 6PM	ONE CUP GREEN TEA			
7.00-7.30	Mot sprouts +soya chunk 30gm + ragi chilla 30g Vegetable salad	Soya chunk 30gm Vegetable chilla Will send u recipe	Urd dal 30gm + moong 30gm dal vada Will send u recipe Vegetable sambhar	
10-10.30	Vegetable soup		1	