

WEEK 6 (15/7/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + one spoon of saunf soaked overnight		
7.00-7.30		7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
10 am	-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm One egg white	Three egg whites' egg vegetable 100-150gm omelette	fruit
12-1	Coconut water + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ Choely 50gm 150+200gm vegetable Make vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 80gm vegetable chilla and pudina chutney	two roti Choely 50gm Vegetable 150+200gm sabji	two roti masoor dal bhaji30gm vegetable
10-10.30	Milk 100ml turmeric		