

WEEK 8 (29/7/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	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	Two egg whites' boiled egg vegetable	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	Besan 60gm 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		
5-5.30 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad	Mot sprouts 60gm and sauteed salald	Four eggs white + oats 30gm chilla
10-10.30	Vegetable soup		