

WEEK 5 (1/7/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Two egg white Vegetable salad	Two egg white Vegetable salad	Two egg whites' vegetable omelettes
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00-12.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao
3pm	Buttermilk+ one spoon 10gm chia seeds	Buttermilk+ one spoon 10gm chia seeds	Buttermilk+ one spoon 10gm chia seeds
	सौंफ + अलसी(flax seeds) one spoon each Buttermilk+ one spoon 10gm chia seeds		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable chilla and pudina chutney	One ragi roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	One roti Vegetable 3 egg white bhurji
10-10.30	Milk 100ml turmeric		