

WEEK 8 22/7/23)

Timing	Monday/Wednesday Saturday fruit day	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		
10 am	FRUIT 100GM ONE egg whites' boiled egg vegetable	FRUIT 100GM ONE 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	Soya granules 40gm 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	CHICKPEAS 50 GM steamed or grilled Vegetable salad	Mot sprouts 30gm and soya chunck sautéed 30gm salads	Four eggs white VEGETABLE OMLETTE
10-10.30	Vegetable soup		