

WEEK 7 (19/7/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon juice+ dhania seeds soaked overnight7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Two 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		
5-5.30 6PM	Mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	One roti Mot sabji add Vegetable salad	Rajhma 30gm and panner 30gm salad	Chicken 100gm steamed or grilled + one roti
10-10.30	Vegetable soup		