

week 7 (detox)							
day		breakfast	mid morning	lunch	eve snack	dinner	post dinner
		9:00	11:00	1:00	4:30	6:30	10:00
07/30/2023	Break the fast with 1 tsp soaked methi seeds	Milk + Ragi chilla-2 medium size	Green tea - cup + fruit bowl	Mix vegetable raita - cup + moong dal idli 3-4/moong dal chilla 3-4 + green chutney	Green tea + fruit + Soaked dry fruits + Vegetable salad (half beetroot + half carrot)	Fruit chaat (150-200gms) + yoghurt	Chia seed water (added 1 tsp of chia seeds)
07/31/2023	Break the fast with 1 tsp soaked methi seeds	Milk + Spinach tomato yoghurt sandwich-2 slice of whole wheat bread	Green tea - cup + fruit bowl	Vegetable uttapam - mini uttapam 2-3 + mix vegetable raita + sambhar + green chutney	Green tea + fruit + Soaked dry fruits + Vegetable salad (half beetroot + half carrot)	Mixed berries smoothie-1 glass	Chia seed water(added 1 tsp of chia seeds)
08/01/2023	Break the fast with 1 tsp soaked methi seeds	Milk + Barnyard millet and bottle gourd chilla-2 medium size	Green tea - cup + fruit bowl	Millet roti 3-4 (jowar or ragi) + sabji + dal + curd/buttermilk + salad	Green tea + fruit + Soaked dry fruits + Vegetable salad (half beetroot + half carrot)	Fruit chaat (150-200gms) + yoghurt	Chia seed water(added 1 tsp of chia seeds)
08/02/2023	Break the fast with 1 tsp soaked methi seeds	Milk + Spinach tomato yoghurt sandwich-2 slice of whole wheat bread	Green tea - cup + fruit bowl	Plain dosa 2-3 + sambhar + green chutney + curd/vegetables raita	Green tea + fruit + Soaked dry fruits + Vegetable salad (half beetroot + half carrot)	Papaya smoothie -1 glass	Chia seed water(added 1 tsp of chia seeds)
08/03/2023	Break the fast with 1 tsp soaked methi seeds	Milk + Ragi chilla-2 medium size	Green tea - cup + fruit bowl	Millet roti 3-4 (jowar or ragi) + sabji + dal + curd/buttermilk + salad	Green tea + fruit + Soaked dry fruits + Vegetable salad (half beetroot + half carrot)	Fruit chaat (150-200gms) + yoghurt	Chia seed water(added 1 tsp of chia seeds)