

Week 8 26/8

Timing	Monday/Wednesday/	Tuesday/Thursday Saturday	Friday/Sunday
7.00-8.30PM	One Glass of water (room temperature) + one spoon of saunf soaked overnight		
8.30-9	5-6 Almond (soaked overnight, remove skin) + One Walnut+ 5-6 Manuka one anjeer+ khaskhas roasted pinch of		
9-10.00			
12.30am	Buttermilk 250ml + half spoon chia seeds (soaked in half Kotori water)		
11-11.30pm	Vegetable salads 100-150gm + one katori curd 50GM		
1 2.00-3pm	Wheat roti (30gm), /Jawar roti (30gm), /Bajara roti 30gm / Ragi 30gm Dal 30gm + Sabji		
4-5pm	Fruit one 100gm One spoon of flax seeds and one spoon of saunf Mix seeds (pumpkin/watermelon /sunflower seeds) one spoon		
5pm	tea		
7- 7.30pm	Chicken 100gm (grilled without oil) + Rice 30gm Vegetable 100-150 gm salad chicken pulao	Fish 200gm (grilled without oil) vegetable 100-150 gm salad	Besan chilla 60gm vegetable 100-150 gm chilla
10.00	One cup of milk 100ml no sugar/no malai		