

Week 9 2/9

| 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 | Chicken soup | Chicken soup | Chicken soup |
| 12.30am | Buttermilk 250ml + half spoon chia seeds (soaked in half Kotori water) | | |
| 1-1.30pm | Vegetable salads 100-150gm + one katori curd 50GM | | |
| 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 200gm (grilled without oil) Vegetable 100-150 gm salad chicken pulao | Ragi 30gm+ besan 30gm vegetable chilla | 2-3 egg boiled Rice 30gm Vegetable 100gm pulao |
| 10.00 | One cup of milk 100ml no sugar/no malai | | |