

Week 5

Days	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
9.00AM	One glass of water + one spoon of ACV (apple cider vinegar)		
9.30AM	5-6 almond (remove skin soak overnight), one walnut		
10.30AM	Two eggs vegetable salad 50gm (one full + one white)	30gm moong dal /mot Tomatoes, onion 100gm	Two eggs white vegetable salad 50gm (one full + one white)
12NOON	Coconut water/ Green tea/ Buttermilk		
2.30Pm	One big bowl vegetable salad 100gm, (cucumber, carrot, onion and tomatoes) one katori curd 50gm		
3.00- 3.30PM	Jawar Roti/ bajra roti / Ragi/wheat (60 gm) Dal one katori (30gm) One katori sabji mostly use vegetables		
4.30PM	Flax seeds one spoon		
5.30 PM	mix seeds (pumpkin +sunflower+ watermelon)		
6.30PM	Green tea		
8.30- 9.00PM	Dalia 30gm+ moong dal30gm+ panner 30gm vegetable khichadi	Oats 50gm + panner 50gm and vegetable upma or chilla	Chicken 200gm grilled and rice 50gm Vegetable 100gm Onion, simala mirch, beans
10.00	One cup vegetable soup		