

Week 7

	Monday/ Sunday/tuesday	Wednesday /Friday	Thursday
7.00	One glass of water + pinch of dalchini powder		
8.30	5-6 almond + one walnut		
9.00-10am	Two egg white Vegetable salad	30gm mot steamed Vegetable salad	Two egg white Vegetable salad
11.30-12	Buttermilk/ plain water+ chia seeds ½ spoon Saturday fruit day		
2.pm	Vegetable salads 200-250gm curd one katori		
2pm	wheat roti (30gm each), /Jawar roti (30gm), /Bajara roti 30gm Dal 30gm + Sabji		
4pm	Fruits 100gm		
5pm 6pm	Mix seeds one spoon Saunf + flax seeds one spoon		
7- 8pm	Rice 30gm Vegetable salad 160gm Kadhi three katori	Panner 50gm Rice 30gm vegetable salad Panner vegetable pulav	Liquid day
10pm	Milk 100ml / vegetable/chicken soup		