

Week 8

	Monday/Thursday	Wednesday /Friday	Tuesday /Sunday
7.00	One glass of water + pinch of dalchini powder		
8.30	5-6 almond + one walnut		
9.00-10am	Two egg whites and vegetable salad	Two egg whites and vegetable salad	Two egg whites and vegetable salad
11.30-12	Buttermilk+ chia seeds ½ spoon Saturday liquid day		
1.30pm	Vegetable salads 200-250gm curd one katori		
2pm	Two wheat roti (30gm each), /Jawar roti (60gm), /Bajara roti 60gm Dal 30gm + Sabji		
4pm	Fruits 100gm		
5pm	Mix seeds one spoon		
7- 8pm	Moong dal 50gm and vegetable salad 100-150gm One roti	30gm rice vegetable salad Choely 50gm Vege table pulav0	Barbate 600gm vegetable salad 100-150gm One roti
10pm	vegetable soup		