

Week 9

	Monday/Wednesday Thursday	Tuesday/ Thursday	Friday/Sunday
7.00	One glass of water + jeera powder pinch of		
8.30	7-8 almond (soaked in water and remove its outer skin) + one walnut		
	One fruit and one egg white		
11.30-12	1glass water + chia seeds ½ spoon		
1.30pm	Vegetables salad (if u have gases troubles covered steamed vegetable) One katori curd		
2pm	Wheat roti/ bajra/ one Ragi Roti / rice(60gm) +One Kotori dal (sprouts)30gm +One katori sabji Saturday liquid day		
4pm	Saunf and flax seeds		
5pm	Green tea		
6pm	Mix seeds one spoon (pumpkin, watermelon, sunflower)		
7- 8pm	Chicken 200gm Vegetable salad 100gm vegetable	Fish 200gm One roti	panner 50gm Rice 30gm Vegetable salad 100- 200gmvegetable In less oil