

WEEK 7 (19/7/23)

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|---------------|---|--|--|
| 7am | One glass of water + lemon juice+ dhania seeds soaked overnight7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Two egg white + vegetable salad | | |
| 12-1 | Buttermilk+ one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2.00-2.30 | Moong dal 60gm vegetable chilla and pudina chutney | Besan 60gm vegetable chilla and pudina chutney | Choely 30gm and panner 20gm Vegetable salad |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 7.00-7.30 | One roti Mot sabji add Vegetable salad | Rajhma 30gm and panner 30gm salad | Chicken 100gm steamed or grilled + one roti |
| 10-10.30 | Vegetable soup | | |