

9Week 13/10

	Monday /Wednesday /Saturday	Tuesday/ Thursday	Friday/ Sunday
6-7am	One glass of water + lemon water +Pinch of dalchini powder/ jeera powder		
7-8am	10-11 almond and one walnut		
9-10am	One handful makhana and fruit		
11-12	water+ one spoon 10gm chia seeds		
1pm-1.30	Vegetable100-150gm salad (cucumber + onion+ tomatoes+ palak)		
2-3pm	Jawar roti 60gm Sabji	Rice 30gm + 30gm moong dal sabji	Ragi30g+ panner 60gm uthappam
3-3.30	सौंफ + अलसी(flax seeds) one spoon each	Ajwain and til	सौंफ + अलसी(flax seeds) one spoon each
4-4.30	Green tea		Green tea
5-5.30pm	Mix seeds one spoon		
6.30 to 7.00pm	Panner 60gm and choely 30gm 50gm lauki Make tikki	Moong 30gm + panner 50gm Palak 50gm Chilla or salad	massor30gm Vegetable 50 -60gm (onion+ turai) Masoor + 30gm panner 50gm