

WEEK 8 (23/9/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
	Protein supplement one scoop post workout		
10 am	Milk 7-8 almond and one walnut roasted khaskhas half teaspoon 100ml and fruit 100gm Smoothie	Milk 100ml and fruit 100gm 7-8 almond and one walnut roasted khaskhas half teaspoon Smoothie	Milk 100ml and fruit 100gm
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	Rice +soya chunk 30gm Vegetable pulao	Roti 30gm and panner 30gm bhurji	Bhagar 30gm panner 50gm vegetable upma
10-10.30	Vegetable soup		