

Week 7 21/10

Timing	Monday/Tuesday/Thursday		Friday/Saturday /Wednesday
At wake up	One glass of water + One spoon of lemon juice one spoon dhaniya		
BEFORE exercise	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
1.00	Buttermilk 500ml+ soaked chia seeds 5gm		
11.30	One katori vegetables 100gm + curd 50gm		
12pm	30gm mix dal vegetable sambhar Vegetable100-150gm Jawar roti 30gm +fruit	Jawar 30gm 30gm dal BHAJI Vegetable100-150gm	Jawar 30gm 30gm dal + SABJI Vegetable100-150gm Two boiled egg white vegetable salad
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8PM	Vegetable100-150gm /BHAGAR 30gm + soya granules 30gm Vegetable100-150gm	Three moong dal 30gm+ soya chunk atta 30gm VEGETABLE chilla and pudina chutney	CHICKEN TIKKA 200GM VEGETABLE SALAD
	SUNDAY liquid day		