

WEEK 6 (23/10/23)

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|---------------|---|--|---|
| 7.30-8am | One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight | | |
| 8.30 | | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon |
| 10 am | Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm One egg white | Three egg whites' egg vegetable 100-150gm omelette | Milk and fruit |
| 12-1 | Buttermilk+ one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2.00-2.30 | Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | Rice 50gm+ choely 50gm 150+200gm vegetable Make vegetable pulao |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA | | |
| 7.00-7.30 | Masoor dal 80gm vegetable chilli and pudina chutney | two roti choely 50gm Vegetable 150+200gm sabji | two roti Soya granules 30gm vegetable bhurji |
| 10-10.30 | Milk 100ml turmeric | | |