

WEEK 5 (16/10/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	Vegetable 150-200 gm Two boiled egg white	Vegetable 150-200gm Two boiled egg white	Two boiled egg white
When ever feel hungry	buttermilk + one spoon 10gm chia seeds		
11-12.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
3 pm	Mots 30gm Vegetable 150-200 gm	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed	Black chana 30gm steamed sauté usal vegetable 150-200gm
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao	One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	Chicken 100gm Rice 30gm vegetable 100gm Chicken pulao
10-10.30	Milk 100ml turmeric		