

WEEK 6 (23/10/23)

| Timing          | Monday/Wednesday/<br>Saturday   | Tuesday/ Thursday   | Friday /Sunday  |
|-----------------|---|---|---|
| 5.30-7am        | One glass of water + lemon water +Pinch of jerra powder                           |   |   |
| 7-8.30am        | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon              |   |   |
| 8 am            | Vegetable 150-200 gm<br>Vegetable salad<br><b>Two egg white</b>                   | Moong Sprouts 30gm <b>or</b><br>Vegetable 150-200gm<br>Steamed soaked and sauteed<br>two <b>egg white</b>         | Steamed and sauteed Vegetable<br>150-200gm <b>two egg white</b>                                     |
| Any time in day | buttermilk<br>+ one spoon 10gm chia seeds   |   |   |
| 11-             | Vegetable salad 150gm- 200gm+ Curd one katori                                     |   |   |
| 11.30-12.00     | Jawar / Bajra /Ragi/ Wheat / (60gm) roti<br>Dal 20gm<br>Sabji one plate           |   |   |
|                 | सौंफ + अलसी( flax seeds) one spoon each   |   |   |
| 5-5.30<br>6PM   | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |   |   |
| 7.00-7.30       | Oats 30 roti<br>Egg bhurji three egg white<br>Vegetable 100-200gm                 | Masoor 50gm+ panner 50gm<br>Vegetable 150+200gm masoor<br>and panner vegetable chilla<br>Or chicken 200gm grilled | Ragi 30gm +besan<br>50gm vegetable<br>chilla + chnana dal<br>chutney or<br>chicken 200gm<br>grilled |
| 10-10.30        | Milk 100ml turmeric   |   |   |