

WEEK 7 (30/10/23)

| Timing | Monday/Wednesday Saturday liquid day | Tuesday/ Thursday/ Sunday | Friday egg day |
|-----------------------|--|---|--|
| 5.30-7am | | | |
| 7-8.30am | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| | choely 30gmqaaq Vegetable 150-200 gm Vegetable salad One egg white | Rajhma Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed One egg white | Three egg whites' vegetable omelettes |
| When ever feel hungry | Buttermilk500ml + one spoon 10gm chia seeds | | |
| 11-11.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 12.00-12.30 | Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate | | Rice 50gm+ three egg white Vegetable 150+200gm Make eggs 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 | Moong dal 60gm vegetable chilla and pudina chutney | One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji | One roti Vegetable 3 egg white bhurji |
| 10-10.30 | Milk 100ml turmeric | | |