

WEEK 8 (6/1123)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30		7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
	Oats 30gm + 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm One egg white	Three egg whites' egg vegetable 100-150gm omelette	Three egg whites' boiled egg vegetable
When ever feel hungry	Buttermilk+ 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		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
8.00-8.30	Masoor dal 60gm vegetable chilla and pudina chutney	One roti choely 50gm Vegetable 150+200gm sabji	One roti Soya granules 30gm vegetable bhurji