

WEEK 6 (23/10/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
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		
10 am	two egg white vegetable 100-150gm	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	two roti Soya granules 30gm vegetable bhurji	two roti choely 50gm Vegetable 150+200gm sabji	Chicken 100gm Rice 30gm vegetable 100gm Chicken pulao two roti Soya granules 30gm vegetable bhurji
10-10.30	Vegetable soup		