

WEEK 8 (6/11/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
7.30-8am	One glass of water + lemon water + dhania seeds soaked overnight +		
8.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am			
12-1	Buttermilk+ one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00-12.30	Soya granules 40gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm Vegetable salad
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad <b>or</b> Soya granules 30gm sabji One roti Vegetable salad 100gm	Mot sprouts 30gm and soya chunck sauteed 30gm salald	Moong 50gm +rice 30gm+ vegetable 100gm khichadi With vegetable thick kadhi
10-10.30	Vegetable soup		