

WEEK 7 (20/5/23)

| Timing        | Monday/Wednesday<br><b>Saturday fruit day</b>  | Tuesday/ Thursday/ Sunday   | Friday / Sunday  |
|---------------|--|---|--|
| 5.30-7am      | One glass of water + lemon juice+ dhania seeds soaked overnight  |   |  |
| 10 am         | Milk 50 ml and fruit 100gm<br>7-8 almond and one walnut,<br>one anjeer roasted khaskhas<br>half teaspoon | Milk 50ml and fruit 100gm<br>7-8 almond and one<br>walnut, one anjeer roasted<br>khaskhas half teaspoon | Three egg whites'<br>boiled egg vegetable<br>7-8 almond and one<br>walnut, one anjeer<br>roasted khaskhas half<br>teaspoon |
| 12-1          | Buttermilk+ one spoon 10gm chia seeds  |   |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori  |   |  |
| 2.00-2.30     | Moong dal 60gm vegetable<br>chilla and pudina chutney  | Besan 60gm vegetable<br>chilla and pudina chutney   | Choely 30gm and<br>panner 20gm<br>Vegetable salad  |
|               | सौंफ + अलसी( flax seeds) one spoon each  |   |  |
| 5-5.30<br>6PM | mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA                                      |   |  |
| 7.00-7.30     | Mot sprouts +soya chunk<br>30gm<br>Vegetable salad   | Rajhma 30gm and panner<br>30gm salald   | Four eggs white + oats<br>30gm chilla  |
| 10-10.30      | Vegetable soup   |   |  |