

WEEK 9 (3/6/23)

| Timing        | Monday/Wednesday<br><b>Saturday fruit day</b>                                     | Tuesday/ Thursday/ Sunday                           | Friday / Sunday                                    |
|---------------|---|---|--|
| 5.30-7am      | One glass of water + lemon water + dhania seeds soaked overnight                  |   |  |
|               | One handful of sprouts and vegetable salads                                       |   |  |
| 12-1          | Buttermilk+ one spoon 10gm chia seeds   |   |  |
| 1-1.30        | Vegetable salad 150gm- 200gm+ Curd one katori                                     |   |  |
| 2.00-2.30     | Rice 30gm and soya chunk pulao<br>Vegetable 100-150gm                             | Soya chunk 60gm vegetable chilla and pudina chutney | One roti panner vegetable bhurji                   |
|               | सौंफ + अलसी( flax seeds) one spoon each   |   |  |
| 5-5.30<br>6PM | Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)<br>ONE CUP GREEN TEA |   |  |
| 7.00-7.30     | Urd +moong dal 50gm +rice 20gm<br>Dosa and vegetable sambhar                      | Black chana 30gm and panner 30gm salad              | Three moong dal vegetable chilla and pudina chutni |
| 10-10.30      | Vegetable soup  |   |  |