

Week 5 (24/6/23)

| | Monday/Wednesday/ | Tuesday/Thursday | Friday/Sunday |
|-------------------------------|--|--|--|
| | One glass of water + One spoon Saunf soaked overnight | | |
| 7.30AM | 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted | | |
| 8.00-9.30AM | Moong sprouts 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable | Mot sprouts 30gm steamed sauteed One bowl of Vegetable 100-150gm salad Vegetable | Two boiled egg white vegetable salad |
| 12.00 | One glass of water + One spoon Saunf soaked overnight + soaked chia seeds 5gm | | |
| 1.00 | One katori vegetables 100gm + curd 50gm | | |
| 2-3 | Wheat roti 60gm Dal 20gm Sabji one plate | Ragi atta 40gm + besan 20gm +vegetable 50gm | Jawar /bajra 60gm Dal 20gm Sabji one plate |
| 3.30PM | Flax seed one spoon with saunf one spoon + one glass of water | | |
| 4.30PM | One fruit 100gm (less sweet) | | |
| 5.00PM | Seeds (watermelon, sunflower, pumpkin seeds) | | |
| 6.00PM | Green tea | | |
| Saturday is liquid day | | | |
| 7.00-8.30PM | Moong dal vegetable 60gm vegetable 150-160 gm chilla with pudina chutney | THREE IDLI (one part rice +two-part dal) VEGETABLE SAMBHAR Sambhar as much as you want | Oats 30gm Massor dal 60gm Vegetable khichadi Vegetable soup |
| 10.30 Pm | VEGETABLE SOUP Or vegetable soup | | |