## Week 7- 8/7/23

Monday/Tuesday/Thursday		Friday/Saturday
		/Wednesday
One glass of water + One spoon of lemon juice one spoon dhaniya		
5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Buttermilk 500ml+ soaked chia seeds 5gm		
One katori vegetables 100gm + curd 50gm		
30gm mix dal vegetable	Jawar <b>30g</b> m	Jawar <b>30gm</b>
sambhar	30gm dal BHAJI	30gm dal + SABJI
Vegetable100-150gm		Vegetable100-150gm
Jawar roti 30gm	Vegetable100-150gm	Two boiled egg white
+fruit		vegetable salad
M Flax seed one spoon with saunf one spoon + one glass of water		
Green tea		
Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea		
Vegetable100-150gm	Three moong dal	CHICKEN TIKKA
/BHAGAR 30gm + soya	30gm+ soya chunk	200GM VEGETABLE
granules 30gm	atta 30gm	SALAD
	VEGETABLE chilla and	
Vegetable100-150gm	pudina chutney	
SUNDAY liquid day		
	One glass of water + One spot 5-6 Almond, one walnut, one Buttermilk 500ml+ soaked ch One katori vegetables 100gm 30gm mix dal vegetable sambhar Vegetable100-150gm Jawar roti 30gm +fruit Flax seed one spoon with sau Green tea Seeds (watermelon, sunflow Green tea  Vegetable100-150gm /BHAGAR 30gm + soya granules 30gm Vegetable100-150gm	One glass of water + One spoon of lemon juice one sponds of lemon, one walnut, one anjeer, 5-6 manuka ping Buttermilk 500ml+ soaked chia seeds 5gm  One katori vegetables 100gm + curd 50gm  30gm mix dal vegetable sambhar Vegetable100-150gm Jawar roti 30gm +fruit  Flax seed one spoon with saunf one spoon + one glass Green tea  Seeds (watermelon, sunflower, pumpkin seeds) Green tea  Vegetable100-150gm  Vegetable100-150gm  Three moong dal 30gm+ soya chunk granules 30gm  VEGETABLE chilla and pudina chutney