## Week 8 (15/7/23)

|         | Monday/Wednesday/   | Tuesday/Thursday       | Friday/Sunday       |
|---------|---|------------------------|---------------------|
|         | Saturday  |                        |                     |
| 7-8 am  | One glass of water + One spoon of lemon juice one spoon jeera seeds+ 8-10 almond and walnut one |                        |                     |
|         |   |                        |                     |
|         |   |                        |                     |
| 8pm     | green tea   |                        |                     |
| 10pm    | vegetable soup  |                        |                     |
| 12pm    | water+ one spoon 10gm chia seeds  |                        |                     |
| 12pm    | One katori vegetables 100gm + curd 50gm   |                        |                     |
| 12.30pm | Bhagar30gm +moong   | Kodo Rice /jawar dalia | Ragi dosa 30gm      |
|         | dal 30gm  | 30gm                   | Vegetable100-150gm  |
|         | Vegetable100-150gm  | Dal one katori sabji   | + chana dal chutney |
|         | khichadi One fruit  | Vegetable10 One fruit  | +One fruit 100gm    |
|         | 100gm (less sweet)  | 100gm (less sweet)0-   | (less sweet)        |
|         |   | 150gm                  |                     |
| 3.30PM  | Flax seed one spoon with saunf one spoon + one glass of water                                   |                        |                     |
| 4.30PM  | vegetable soup  |                        |                     |
| 5.00PM  | Seeds (watermelon, sunflower, pumpkin seeds)  |                        |                     |
| 6.00PM  | Green tea   |                        |                     |
| 7-8pm   | One roti 30gm/rice  | Moong Dal 60gm         | 200gm steamed       |
|         | 30gm  | Vegetable 100gm-       | chicken vegetable   |
|         | Sabji + vegetable 100-  | 150gm                  | salad               |
|         | 150gm + two eggs  |                        |                     |
|         | white/ 30gm soya  |                        |                     |
|         | granules( when eggs   |                        |                     |
|         | not allowed   |                        |                     |