

WEEK 5 (30/10/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
7.30-8am	50 ML of water + lemon JUICE ONE SPOON (OPTIONAL) +Pinch of dalchini powder		
	7-8 almond and one walnut, one anjeer soaked overnight		
10 am	4-5 besan dhokla one boiled egg white	Moong dal sprouts 50gm Vegetable idli and pudina chutney one boiled egg white	Besan 30gm vegetable 150- 200gm chilla and vegetable one boiled egg white
1-1.30	Vegetable salad 150gm- 200gm		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each+ mix seeds one spoon		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji and one roti	Two pavs Bhaji Recipe is given	Sevai 40gm and Soya granules 30gm vegetable sabji
10-10.30	Milk 100ml turmeric		