

WEEK 6 (6/11/23)

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	Mots 30gm Vegetable 150-200 gm one boiled egg white	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed one boiled egg white	Black chana 30gm steamed sauté usal vegetable 150- 200gm 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		
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm+ moong dal 50gm Vegetable 150+200gm Make vegetable chilla and pudina chuteni	Chickpeas pasta 30gm+ panner 30gm Vegetable 150+200gm bhurji	Panner 30gm Rice 50gm vegetable 100gm Panner pulao
10-10.30	Milk 100ml turmeric		