

Week 9 (27/11/23)

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	Choely 30gm vegetable salad one <b>boiled egg white</b>	Oats atta one spoon + milk 50ml + one fruit + one apple khajoor water + one spoon-soaked chia seeds Make smoothie one <b>boiled egg white</b>	Satu one spoon (without sugar) + milk 50ml + one fruit +one khajoor water + one spoon-soaked chia seeds Make smoothie one <b>boiled egg white</b>
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30 6PM	ONE CUP GREEN TEA+ Mix seeds one spoon		
7.00- 7.30	3-4 idli <b>(Dal 2 part+ rice one part)</b> and vegetable 150-200gm dal 30gm for vegetable sambhar	Rice 30gm+ soya chunk 30gm Vegetable 150+200gm Make soya vegetable pulao	3-4 idli ragi idli (Ragi 3part +Dal 2 part+ rice one part) and vegetable 150-200gm dal 30gm for vegetable sambhar and vegetable 150-200gm dal 30gm for vegetable sambhar