

8Week 20/11

| Timing | Monday/Wednesday/ Sunday full day liquid day | Tuesday/ Thursday | Friday /Saturday |
|---------------|---|---|---|
| 6-7am | One glass of water + lemon one spoon juice soaked methidana overnight | | |
| 7-8.30a | 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon | | |
| 10 am | Fruit 100gm | Ragi atta one spoon + milk 50ml + one fruit + one apple khajoor water + one spoon-soaked chia seeds Make smoothie | Fruit 10gm |
| 12-1 | COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200gm+ Curd one katori | | |
| 2-2.30 | Satu ki roti/ ragi ka roti/ jawar ki roti(60gm) Dal 20gm Sabji one plate | | |
| 3-3.30 | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 6PM | Fruits 100gm ONE CUP GREEN TEA+ mix seeds one spoon | | |
| 7.00- 7.30 | Moong dal 60gm Vegetable 150+200gm Make Moong dal vegetable chilla | Two spoon kodo rice + soya chunk 30gm Vegetable 150+200gm | Besan30gm + soya chunk atta 30gm add vegetable chilla |
| 10- 10.30 | | | |