

WEEK 8 (8/7/23)

Timing	Monday/Wednesday Saturday liquid day day	Tuesday/ Thursday/ Sunday	Friday / Sunday
8.30am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
9.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
When ever feel hungry	Buttermilk+ one spoon 10gm chia seeds Detox water/ green tea		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
12.00-12.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate One egg white		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
8.00-8.30	Three moong dal vegetable chilla and pudina chuteny	One roti Chicken 100gm (4-5 pieces) Vegetable 150+200gm sabji	Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao /One roti Three eggs white vegetable bhurji