

WEEK 11(29/7/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
	Sprouts handful/ two egg white with veggies		
When ever feel hungry	Buttermilk+ one spoon 10gm chia seeds		
11-11.30	Vegetable salad 150gm- 200gm+ Curd one katori		
	jawar 30gm and rajhma 50gm pulao Vegetable 100-150gm	Soya chunk 60gm+ 20gm rice atta spoon vegetable chilla and pudina chutney	One roti three egg white vegetable bhurji
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Urd +moong dal 50gm +rice 20gm Dosa and vegetable sambhar	Black chana 40gm and bhagar 30gm salad	Chicken or fish 200gm steamed or grilled Vegetable salad
10-10.30	Vegetable soup		