

Week 6 – (13/11/23)

| Timing | Monday/Wednesday | Tuesday/Thursday | Sunday |
|--------------|---|--|---|
| 8.30am | One glass of water + One spoon dhania seeds | | |
| 8.30- 9am | 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted | | |
| 9.30-10.30AM | One cup of milk 100ML And fruit | Massor sprouts 30gm soaked steamed sauteed Vegetable 100-150gm vegetable salad | Two boiled egg white vegetable salad |
| 12.00 | Buttermilk 500ml+ soaked chia seeds 5gm | | |
| 1.00 | One katori vegetables 100gm + curd 50gm | | |
| 2-3pm | Dalia 30gm +moong dal 30gm Vegetable100-150gm khichadi | Oats 30gm +besan 30gm Vegetable100-150gm khichadi | Three idli vegetable sambhar Vegetable100-150gm |
| 3.30PM | Flax seed one spoon with saunf one spoon + one glass of water | | |
| 4.30PM | One fruit 100gm (less sweet) | | |
| 5.00PM | Seeds (watermelon, sunflower, pumpkin seeds) | | |
| 6.00PM | Green tea | | |
| | Saturday liquid day 1 | | |
| 7.30-9.00PM | Moongdal-50gm+ 10g rice (one spoon raw) Vegetables-150-160gm Make veg dal khichadi | 30gm panner + chick peas 30gm salad with add vegetables | Masoor dal sprouts 30gm chilla Stuffed with + Panner 60gm Vegetable salad |
| 10.30 Pm | Or vegetable soup | | |