

WEEK 6 (1/12/23)

Timing	Monday/Wednesday/ Thursday	Tuesday/ <b>Saturday fruit day</b>	Friday / Sunday
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30	a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
10 am	Milk 100ml +fruit 100gm  One egg	milk and fruit	Two egg whites' egg vegetable 100-150gm omelette
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti  Dal 20gm  Sabji one plate		
	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 80gm vegetable chilla and pudina chutney	two roti choely 50gm  Vegetable 150+200gm sabji	FISH /chicken100gm  Rice 30gm vegetable 100gm
10-10.30	Vegetable soup		