

WEEK 9 (3/12/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
	Protein supplement one scoop post workout		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Rice 30gm and soya chunk pulao Vegetable 100-150gm	Soya chunk 60gm vegetable chilla and pudina chutney	One roti three egg white vegetable bhurji
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Urd +moong dal 50gm +rice 20gm Dosa and vegetable sambhar	Black chana 30gm and panner 30gm salad	Chicken or fish 200gm steamed or grilled Vegetable salad
10-10.30	Vegetable soup		