

WEEK 6 (23/10/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	two egg white vegetable 100-150gm	Three egg whites' egg vegetable 100-150gm omelette	Milk and fruit
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		Rice 50gm+ choely 50gm  150+200gm vegetable  Make vegetable pulao
	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	two roti  Soya granules 30gm vegetable bhurji	two roti choely 50gm  Vegetable 150+200gm sabji	Chicken 100gm  Rice 30gm vegetable 100gm  Chicken pulao two roti  Soya granules 30gm vegetable bhurji
10-10.30	Vegetable soup		