

WEEK 7 (16/9/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice+ dhania seeds soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Milk 100ml and fruit 100gm	Milk 100ml and fruit 100gm	Milk 100ml and fruit 100gm
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Besan 60gm vegetable chilla and pudina chutney	Choely 30gm and panner 20gm Vegetable salad
	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	Mot sprouts +soya chunk 30gm Vegetable salad	Rajhma 30gm and panner 30gm salald	Two eggs white + roti 30gm vegetable frankie
10-10.30	Vegetable soup		