

WEEK 9 (3/6/23)

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|--|
| 5.30-7am | One glass of water + lemon water + dhania seeds soaked overnight | | |
| | One handful of sprouts and vegetable salads | | |
| 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 panner 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 | Three moong dal vegetable chilla and pudina chuteni |
| 10-10.30 | Vegetable soup | | |