

9Week 1/7

| | Monday /Wednesday /Saturday | Tuesday/ Thursday | Friday/ Sunday |
|----------------|--|--|--|
| 6-7am | One glass of water + lemon water +Pinch of dalchini powder/ jeera powder | | |
| 7-8am | 10-11 almond and one walnut | | |
| 9-10am | One handful makhana and fruit | | |
| 11-12 | water+ one spoon 10gm chia seeds | | |
| 1pm-1.30 | Vegetable100-150gm salad (cucumber + onion+ tomatoes+ palak) | | |
| 2-3pm | Jawar roti 60gm Sabji | Rice 30gm + 30gm moong dal sabji | Ragi30g+ panner 60gm uthappam |
| 3-3.30 | सौंफ + अलसी(flax seeds) one spoon each | Ajwain and til | सौंफ + अलसी(flax seeds) one spoon each |
| 4-4.30 | Green tea | | Green tea |
| 5-5.30pm | Mix seeds one spoon | | |
| 6.30 to 7.00pm | Panner 60gm and choely 30gm 50gm lauki Make tikki | Moong 30gm + panner 50gm Palak 50gm Chilla or salad | massor30gm Vegetable 50 -60gm (onion+ turai) Masoor + 30gm panner 50gm |