

WEEK 5 (27/11/23)

Timing	Monday/Wednesday <b>Saturday liquid day</b>	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am			
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	choely 30gm Vegetable 150-200 gm Vegetable salad <b>One egg white</b>	Rajhma 30gm Vegetable 150-200gm Steamed soaked and sauteed <b>One egg white</b>	Three egg whites' vegetable omelettes  Or 30gm choely vegetables salad
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+ three egg white Vegetable 150+200gm  Make eggs 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	Moong dal 60gm+ low fat panner 20gm vegetable chilla and pudina chutney	One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	One roti Vegetable 3 egg white bhurji,/  50gm Moong dal vegetables sabji add vegetables in it
10-10.30	Milk 100ml turmeric		