

WEEK 8 (17/12/23)

Timing	Monday/Wednesday <b>Saturday fruit day</b>	Tuesday/ Thursday/ Sunday	Friday / Sunday
6.30-7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	one handful of mot sprouts and vegetable salad 100-150gm	one handful of moong sprouts and vegetable salad 100-150gm	one handful of black chana and vegetable salad 100-150gm
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Soya granules 40gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm 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	Soya granules 40gm +rice30gm Vegetable chilla	Mot sprouts 30gm and soya chunck sauteed 30gm salad	three moong dal chilla with pudina chuteny
10-10.30	Vegetable soup		