

Week 7- 8/7/23

| Timing    | Monday/Tuesday/Thursday   |  | Friday/Saturday/Wednesday   |
|-----------|---|--|---|
| 8.30am    | One glass of water + One spoon of lemon juice one spoon dhaniya                   |  |   |
| 8.30- 9am | 5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted          |  |   |
| 1.00      | Buttermilk 500ml+ soaked chia seeds 5gm   |  |   |
| 11.30     | One katori vegetables 100gm + curd 50gm   |  |   |
| 12pm      | 30gm mix dal vegetable sambhar<br>Vegetable100-150gm<br>Jawar roti 30gm<br>+fruit | Jawar <b>30gm</b><br>30gm dal BHAJI<br><br>Vegetable100-150gm                        | Jawar <b>30gm</b><br>30gm dal + SABJI<br>Vegetable100-150gm<br>Two boiled egg white vegetable salad |
| 3.30PM    | Flax seed one spoon with saunf one spoon + one glass of water                     |  |   |
| 4.30PM    | Green tea   |  |   |
| 5.00PM    | Seeds (watermelon, sunflower, pumpkin seeds)                                      |  |   |
| 6.00PM    | Green tea   |  |   |
| 7-8PM     | Vegetable100-150gm<br>/BHAGAR 30gm + soya granules 30gm<br><br>Vegetable100-150gm | Three moong dal 30gm+ soya chunk<br>atta 30gm<br>VEGETABLE chilla and pudina chutney | CHICKEN TIKKA<br>200GM VEGETABLE SALAD  |
|           |   |  |   |
|           | <b>SUNDAY liquid day</b>  |  |   |