Week 8 (28/10/23)

Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday
Saturday		
One glass of water + One spoon of lemon juice one spoon jeera seeds+		
8-10 almond and walnut one		
green tea		
vegetable soup		
water+ one spoon 10gm chia seeds		
One katori vegetables 100gm + curd 50gm		
Bhagar30gm +moong	Kodo Rice /jawar dalia	Ragi dosa 30gm
dal 30gm	30gm	Vegetable100-150gm
Vegetable100-150gm	Dal one katori sabji	+ chana dal chutney
100gm (less sweet)	Vegetable10 One fruit	+One fruit 100gm
	100gm (less sweet)0- 150gm	(less sweet)
Flax seed one spoon with saunf one spoon + one glass of water		
vegetable soup		
Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea		
One roti 30gm/rice	Moong Dal 60gm	200gm steamed
30gm		chicken vegetable
Sabji + vegetable 100-	TOORIII	salad
150gm + two eggs		Panner 50gm and
		moong sprouts salad
not allowed		
	Saturday One glass of water + One 8-10 almond and walnut green tea vegetable soup water+ one spoon 10gm One katori vegetables 10 Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi One fruit 100gm (less sweet) Flax seed one spoon with vegetable soup Seeds (watermelon, sum Green tea One roti 30gm/rice 30gm Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules( when eggs	SaturdayOne glass of water + One spoon of lemon juice one8-10 almond and walnut onegreen teavegetable soupwater+ one spoon 10gm chia seedsOne katori vegetables 100gm + curd 50gmBhagar30gm +moong dal 30gmKodo Rice /jawar dalia 30gmVegetable100-150gm khichadi One fruit 100gm (less sweet)Dal one katori sabji Vegetable10 One fruit 100gm (less sweet)Flax seed one spoon with saunf one spoon + one g vegetable soupVegetable10 One fruit 100gm (less sweet)Flax seed one spoon with saunf one spoon + one g vegetable soupMoong Dal 60gm Vegetable 100gm- 150gmSabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules( when eggsMoong Dal 60gm Vegetable 100gm- 150gm