

Week 8 (18/12/23)

|         | Monday/Wednesday/<br>Saturday  | Tuesday/Thursday   | Friday/Sunday  |
|---------|--|--|--|
| 7-8 am  | One glass of water + One spoon of lemon juice one spoon jeera seeds+<br>8-10 almond and walnut one                                     |  |  |
| 8pm     | green tea  |  |  |
| 10pm    | vegetable soup   |  |  |
| 12pm    | water+ one spoon 10gm chia seeds   |  |  |
| 12pm    | One katori vegetables 100gm + curd 50gm  |  |  |
| 12.30pm | Bhagar30gm +moong<br>dal 30gm<br><br>Vegetable100-150gm<br>khichadi One fruit<br>100gm (less sweet)                                    | Kodo Rice /jawar dalia<br>30gm<br><br>Dal one katori sabji<br><br>Vegetable10 One fruit<br>100gm (less sweet)0-<br>150gm | Ragi dosa 30gm<br><br>Vegetable100-150gm<br><br>+ chana dal chutney<br><br>+One fruit 100gm<br>(less sweet)      |
| 3.30PM  | Flax seed one spoon with saunf one spoon + one glass of water  |  |  |
| 4.30PM  | vegetable soup   |  |  |
| 5.00PM  | Seeds (watermelon, sunflower, pumpkin seeds)   |  |  |
| 6.00PM  | Green tea  |  |  |
| 7-8pm   | One roti 30gm/rice<br>30gm<br><br>Sabji + vegetable 100-<br>150gm + two eggs<br>white/ 30gm soya<br>granules( when eggs<br>not allowed | Mot 60gm Vegetable<br>100gm-150gm<br><br>And panner 30gm<br><br>Vegetables salad   | 200gm steamed<br>chicken vegetable<br>salad<br><br>Or fish 200gm<br><br>Or four egg whites<br>vegetables omlette |