

WEEK 5 29/1/24

Timing	Monday/Wednesday <b>Saturday</b>	Tuesday/ Thursday	Friday / Sunday
8.30-9am	One glass of water + lemon water +Pinch of jeera powder		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10-11 am	Choely 30gm Vegetable 150-200 gm Vegetable salad Steamed soaked and sauteed <b>One egg white vegetable salad</b>	Moong 30gm Vegetable 150-200 gm Steamed soaked and sauteed <b>One egg white vegetable salad</b>	Three egg white vegetable 150-200 gm salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150 gm- 200 gm Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
	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 vegetable chilla and pudina chutney	Chickpeas pasta 30 gm+ paneer 50gm Vegetable 150+200 gm	One roti paneer wrap Roti 30gm One egg white omelet Sauteed vegetable and Paneer 20gm Stuffed in roti and omelet wrap
10-10.30	Milk 100ml turmeric		