

WEEK 7 12/1

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday / Sunday
8.30-9am	One glass of water + lemon juice + dhania seeds soaked overnight		
10-11am	fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Fruit 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Three egg white Vegetable salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30 2-2.30 or	Vegetable salad 150gm- 200 gm + Curd one katori Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plate or		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Besan 60gm vegetable chilla and pudina chutney	Choely 30gm and panner 20gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts +soya chunk 30gm + ragi chilla 30g Vegetable salad	Rajma 30gm and paneer 30gm salad + rice 30g Vegetable pulao	Urad dal 30 gm + moong 30 gm dal vada Will send u recipe Dal 30 gm Vegetable sambar
10-10.30	Vegetable soup		