

WEEK 8 19/2

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday	Friday / Sunday
8.30-9am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10-11am	Tomato and palak vegetable soup + two boiled egg white Or moong sprouts 30gm	Lauki and tomato vegetable soup + two boiled egg white Or moong sprouts 30gm	Tomato and carrot soup + two boiled egg white Or moong sprouts 30gm
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	One roti + dal two katori One plate sabji	One roti + Dal bhaji two katori	Rice 30gm and choely 40gm 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	Paneer 50gm steamed or grilled + rice 30gm Vegetable salad	Rice 30gm and soya chunk sautéed 30gm salad	Jowar roti / dosa 30g 60gm dal bhaji
10-10.30	Vegetable soup		