## Week 6 – (/23)

Monday/Wednesday	Tuesday/Thursday	Sunday
One glass of water + One spoon dhania seeds		
5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
One cup of milk 100ML And fruit	Massor sprouts 30gm soaked steamed sauteed	Two boiled egg white vegetable salad
	Vegetable 100-150gm	
	vegetable salad	
Buttermilk 500ml+ soaked chia seeds 5gm		
One katori vegetables 100gm + curd 50gm		
Dalia 30gm +moong dal 30gm	Oats 30gm +besan 30gm	Three idli vegetable sambhar
Vegetable100-150gm khichadi	Vegetable100-150gm khichadi	Vegetable100-150gm
Flax seed one spoon with saunf one spoon + one glass of water		
One fruit 100gm (less sweet)		
Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea		
Saturday liquid day 1		
Moongdal-50gm+ <b>10g</b> rice (one spoon raw)	30gm panner + chick peas 30gm salad with add vegetables	Masoor dal sprouts 30gm chilla
Vegetables-150-160gm		Stuffed with
Make veg dal khichadi		+ Panner 60gm
		Vegetable salad
Or vegetable soup	<u> </u>	<u>I</u>
	One glass of water + One 5-6 Almond, one walnut, roasted One cup of milk 100ML And fruit  Buttermilk 500ml+ soake One katori vegetables 10  Dalia 30gm +moong dal 30gm  Vegetable100-150gm khichadi  Flax seed one spoon with One fruit 100gm (less swith One fruit 100gm (less swith Green tea  Saturday liquid day 1  Moongdal-50gm+ 10g rice (one spoon raw)  Vegetables-150-160gm Make veg dal khichadi	One glass of water + One spoon dhania seeds  5-6 Almond, one walnut, one anjeer, 5-6 manuka roasted  One cup of milk 100ML And fruit  Massor sprouts 30gm soaked steamed sauteed  Vegetable 100-150gm vegetable salad  Buttermilk 500ml+ soaked chia seeds 5gm  One katori vegetables 100gm + curd 50gm  Dalia 30gm +moong dal 30gm  Vegetable100-150gm khichadi  Flax seed one spoon with saunf one spoon + one getables (watermelon, sunflower, pumpkin seeds)  Green tea  Saturday liquid day 1  Moongdal-50gm+ 10g rice (one spoon raw)  Vegetables-150-160gm Make veg dal khichadi  Make veg dal khichadi