

Week 8 (18/12/23)

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds+ 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 dal 30gm  Vegetable100-150gm khichadi One fruit 100gm (less sweet)	Kodo Rice /jawar dalia 30gm  Dal one katori sabji  Vegetable10 One fruit 100gm (less sweet)0- 150gm	Ragi dosa 30gm  Vegetable100-150gm  + chana dal chutney  +One fruit 100gm (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 30gm  Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya granules( when eggs not allowed	Mot 60gm Vegetable 100gm-150gm  And panner 30gm  Vegetables salad	200gm steamed chicken vegetable salad  Or fish 200gm  Or four egg whites vegetables omlette