

Week 8

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8-8.30am	One glass of water + lemon juice one spoon +Pinch of roasted jeera powder powder		
8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9-9.30am	30gm Barbarti vegetable 150-200 gm salad steamed and sauteed	Mot 30gm sprouts vegetable 150-200 gm salad steamed and sauteed	Besan 30gm vegetable 150-200 gm chilla
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी( flax seeds) one spoon each		
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA+		
7.00-7.30	Rice 30gm+ Masoor dal 60gm Vegetable 150+200gm <b>Make vegetable khichdi</b>	Rice atta 30gm+ Besan 30gm panner 30gm Vegetable 150+200gm <b>Uthappam with panner on top</b>	Quinoa/DALIA 30gm Choely 30gm sabji 150+200gm salad <b>Vegetable Dalia + choely sabji</b>
10-10.30	Milk 100ml turmeric		