

Week 9

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8- 8.30am	One glass of water + lemon one spoon juice +soaked saunf one spoon overnight		
8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 9.30am	Moong dal 30gm Vegetable sprouts	Mot sprouts 30gm Vegetable salad 150gm - 200gm	Rajma 30gm Vegetable salad 150-200 gm
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  6PM	Fruits 100gm  ONE CUP GREEN TEA+ handful of phutana / makhana		
7.00- 7.30	Kodo rice/BHAGAR 30gm+ moong dal 30gm Vegetable 150+200gmdal bhaji  <b>Make kodo rice moong dal vegetable dal bhaji</b>	Choely 40gm + panner 30gm  Vegetable 150+200gm	Sewai 40gm  Panner 30gm and vegetable 100-150gm  Sewai vegetable upma
10- 10.30	Milk 100ml turmeric		