

WEEK 5

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am			
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
8.30-9am	Choely 30gm Vegetable 150-200 gm Vegetable salad One egg white	Rajma/barbati 30gm Vegetable 150-200 gm Steamed soaked and sauteed One egg white	Three egg whites' vegetable omelets Or 30gm choely vegetables salad
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm+ Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50 gm+ three egg white/paneer 50gm Vegetable 150+200 gm Make eggs vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60 gm+ low fat paneer 20gm vegetable chilla and pudina chutney	One jowar roti 50 gm paneer 50gm Vegetable 150+200 gm bhurji	One Jowar roti Vegetable 3 egg white bhurji,/ 50 gm Moong dal vegetables sabji add vegetables in it
10-10.30	Milk 100ml turmeric		