

WEEK 9

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday	Friday / Sunday
5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight		
	Protein supplement one scoop post workout (kabipro 2-3 scoop in water)		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30 2.30 or	Vegetable salad 150gm- 200gm + Curd one katori Jowar / Bajra /Ragi/ Wheat / (60gm) roti + Dal 20gm + Sabji one plate or		
2.00-2.30	Rice 30gm and soya chunk 50gm pulao Vegetable 100-150 gm	Moong dal 30gm +Soya chunk 30gm vegetable blend it and chilla and pudina chutney	One roti 30gm three egg white Vegetable salad 150 gm- 200 gm bhurji
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Urad +moong dal 80 gm +rice 20gm Dosa and Vegetable salad 150 gm- 200 gm sambar Or One jowar roti + 50 gm dal vegetable sambar	Black chana 30gm and paneer 30gm Vegetable salad 150 gm- 200 gm sabzi + One Roti	Paneer 50 gm moong 60gm sprouts Vegetable salad 150 gm- 200 gm chilla Or paneer moong salad
10-10.30	Vegetable soup		