

WEEK 9

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|---|
| 5.30-7am | One glass of water + lemon water + dhania seeds soaked overnight | | |
| | Protein supplement one scoop post workout | | |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm + Curd one katori | | |
| 2.00-2.30 | Rice 30gm and soya chunk pulao Vegetable 100-150 gm | Soya chunk 60gm vegetable chilla and pudina chutney | One roti dal black chana 30gm sabji |
| | 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 | Urad +moong dal 50 gm +rice 20gm Dosa and vegetable sambar | Black chana 30gm and paneer 30gm salad | Urd +moong dal 60gm steam vada and Vegetable sambar |
| 10-10.30 | Vegetable soup | | |