

WEEK 5 17/6

| 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 | | |
| 10 am | choely 30gm Vegetable 150-200 gm Vegetable salad One egg white | Rajma 30gm Vegetable 150-200 gm Steamed soaked and sauteed One egg white | Three egg whites' vegetable omelets |
| 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 50gm + three egg white 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 60gm vegetable chilla and pudina chutney Or chicken 200-250 gm vegetable salad grilled or sauteed | One jowar roti 30 gm + paneer 50 gm /chicken 100gm Vegetable 150+200 gm bhurji | One roti Vegetable (3 egg white + one full) bhurji |
| 10-10.30 | Milk 100ml turmeric | | |