

WEEK 9

| Timing    | Monday/Wednesday<br><b>Saturday fruit day</b>                    | Tuesday/ Thursday/<br>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- 200gm+ Curd one katori                    |  |   |
| 2.00-2.30 | Rice 30gm and soya chunk pulao<br>Vegetable 100-150gm            | Soya chunk 60gm<br>vegetable chilla and pudina chutney | One roti three egg white vegetable bhurji                   |
|           | 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 | Urd +moong dal 50gm +rice 20gm<br>Dosa and vegetable sambhar     | Black chana 30gm and panner 30gm salad                 | Chicken or fish 200gm steamed or grilled<br>Vegetable salad |
| 10-10.30  | Vegetable soup   |  |   |