

Week 6 – 1/4

Timing	Monday/Wednesday	Tuesday/Thursday	Sunday
8.30am	One glass of water + One spoon dhania seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
9.30-10.30AM	One cup of milk 100ML And fruit	Masoor sprouts 30gm soaked steamed sauteed  Vegetable 100-150 gm vegetable CHILLA	Two boiled egg white vegetable salad
12.00	Buttermilk 500ml+ soaked chia seeds 5gm		
1.00	One katori vegetables 100gm + curd 50gm		
2-3pm	Dalia 30gm +moong dal 60gm  Vegetable100-150gm khichdi	Oats 30gm +besan 60gm  Vegetable 100-150 gm CHILLA	RAGI idli vegetable sambar  Vegetable100-150gm
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
	<b>Saturday liquid day 1</b>		
7.30-9.00PM	Moong Dal-50 gm+ <b>10g rice/OATS</b> (one spoon raw)  Vegetables-150-160gm  Make veg dal khichdi	Roti/QUINOA 30 gm  Vegetable150-160 gm  Chicken 100 gm vegetable steamed vegetable  Or 100 gm fish steamed with vegetable	Masoor dal sprouts 30gm chilla  Stuffed with  + Paneer 60 gm/ SOYA 30GM  Vegetable salad
10.30 Pm	Or vegetable soup		