WEEK 7 8/4

Timing	Monday/T	Wednesday	Friday/Saturday
	uesday	/Thursday	
8.30am	One glass of water + One spoon of lemon juice one spoon dhaniya seeds		
8.30- 9am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
1.00	Buttermilk 500ml+ soaked chia seeds 5gm		
11.30	One katori vegetables 100gm + curd 50gm		
12pm	30gm mix dal vegetable	Jowar/Ragi 30g m	Jowar 30gm
	sambar	DOSA	30gm dal + SABJI
	Vegetable100-150gm	30gm dal BHAJI	Vegetable100-
	Jowar DOSA 30gm	+fruit	150gm
	+fruit	Vegetable 100-150	Two boiled egg white
		gm Two boiled egg	vegetable salad
	Two boiled egg white vegetable salad	white vegetable salad	+fruit
	vegetable salau		- Truit
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	Green tea		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
	Sunday liquid day		
7-8PM	BHAGAR 30 gm + soya	Moong dal 30 gm +	CHICKEN TIKKA
	granules 30gm	soya chunk atta 30gm	200GM VEGETABLE
	+Vegetable100-150gm	VEGETABLE chilla and	SALAD
	Upma	pudina chutney	or four egg white
	Or Oats 30 gm + paneer 30	Or soya chunk 30 gm	boiled Vegetable100-
	gm +Vegetable100-150gm	+ rice 30 gm vegetable pulao	150gm
		vegetable pulao	Rice 30gm pulao
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