

Week 6 – 4/3

Timing	Monday/Wednesday/ saturday	Tuesday/Thursday	Sunday/friday
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 salad	2-3 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 30gm  Vegetable100-150gm khichadi	Oats 30gm +besan 30gm  Vegetable100-150gm khichadi	Three 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</b> (one spoon raw)  Vegetables-150-160gm  Make veg dal khichadi	30gm paneer + chickpeas 30gm salad with add vegetables	Masoor dal sprouts 30gm chilla  Stuffed with  + Paneer 60gm  Vegetable salad
10.30 Pm	Or vegetable soup		