

Week 8 27/6

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice one spoon jeera seeds+ 8-10 almond and walnut one		
8pm	green tea		
10pm	vegetable soup		
12pm	water+ one spoon 10gm chia seeds		
9.30pm	One katori vegetables 100gm + curd 50gm		
9.30pm	Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi One fruit 100 gm (less sweet)	Kodo Rice /jawar dalia 30gm Dal one katori sabji Vegetable 100GM One fruit 100gm (less sweet)	Ragi dosa 60gmOR NORMAL DOSA THREE Vegetable100-150gm + chana dal chutney +One fruit 100gm (less sweet)
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	ONE FRUIT CARRY		
5.00PM	Seeds (watermelon, sunflower, pumpkin seeds)		
6.00PM	Green tea		
7-8pm	vegetable 100-150gm + THREE one full)eggs white/ 30gm soya granules(when eggs not allowed	Moong Dal 60gm Vegetable 100 gm-150 gm CHILLA AND PUDINA CHUTNEY	200gm steamed chicken vegetable salad Paneer 50gm and moong sprouts salad