

Week 9 25/3

	Wednesday/ Saturday fruit day	Tuesday/Thursday/Monday	Friday/Sunday
7.00-8.00am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8am	5-6 Almond, one walnut		
9.00	Vegetables salad and one small katori curd		
8-30-9 pm	One jowar roti 30gm + One katori 30gm vegetable + sabji		
	Carry butter milk 1 liter add 2 spoon of soaked chia seeds		
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)		
7-8PM	Oats 30gm/rice 30gm moong Dal 30gm vegetable chilla + two boiled egg white Pudina chutney	3-4 idli and vegetable sambar + two boiled egg white Add vegetables in sambar As much u want	Oats 30 gm + paneer 30gm vegetable Oats moong dal vegetable upma /chilla + two boiled egg white
9-10 pm	Vegetable soup		