

WEEK 6 24/6

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30		7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
10 am	Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm One whole egg boiled	Three egg (2 whites' + 1 full) egg vegetable 100-150 gm omelet	Milk and fruit 100 gm + paneer 30 gm + sattu one spoon khjoor 2 Make smothie
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Jowar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ choely 50gm 150+200 gm vegetable Make vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 80gm vegetable chilla and pudina chutney or chicken 100gm Rice 30gm vegetable 100gm Chicken pulao	two roti choely 50gm Vegetable 150+200 gm sabji or chicken 100gm Rice 30gm vegetable 100gm Chicken pulao	two roti Soya granules 30gm vegetable bhurji or chicken 100gm Rice 30gm vegetable 100gm Chicken pulao

10-10.30	Milk 100ml turmeric
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