

WEEK 7 1/7

| Timing | Monday/Wednesday Saturday fruit day | Tuesday/ Thursday/ Sunday | Friday / Sunday |
|-----------|--|--|--|
| 5.30-7am | One glass of water + lemon juice + dhania seeds soaked overnight | | |
| 10 am | Milk 50 ml and fruit 100 gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon + TWO SPOON SOYA CHUNK POWDER | Milk 50ml and fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon + TWO SPOON SATTU | Three egg whites' boiled egg vegetable 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon |
| 12-1 | Buttermilk + one spoon 10gm chia seeds | | |
| 1-1.30 | Vegetable salad 150gm- 200 gm + Curd one katori | | |
| 2.00-2.30 | Moong dal 60gm vegetable chilla and pudina chutney | Besan 60gm vegetable chilla and pudina chutney | Choely 30gm and panner 20gm Vegetable salad |
| | सौंफ + अलसी(flax seeds) one spoon each | | |
| 5-5.30 | mix seeds (pumpkin watermelon sunflower seeds) | | |
| 6PM | ONE CUP GREEN TEA | | |
| 7.00-7.30 | Mot sprouts +soya chunk 30gm Vegetable salad OR 200 GM CHICKEN VEGETABLE SALAD | Rajma 30gm and paneer 30gm salad OR 200 GM CHICKEN VEGETABLE SALAD | Four eggs white + MOONG DAL 30gm chilla OR 200 GM CHICKEN VEGETABLE SALAD |
| 10-10.30 | Vegetable soup | | |