

WEEK 6 24/6

Timing	Monday/Wednesday <b>Saturday fruit day</b>	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	
10 am	Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm + two spoon of <b>roasted oats</b> Make smoothie  One egg white	Three egg whites' egg vegetable 100-150 gm omelet	Milk and fruit+ two spoon of <b>sattu</b> blend it with two khajoor + 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon  Make smoothie
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	Dalia /quinoa,/ Oats/ kodo rice/ or bhagar 30gm  Dal <b>50 gm</b>  Vegetables salad		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 (seed cycle )		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 60gm vegetable chilla and pudina chutney  Or masoor vegetable dal soup	rajma 40 gm + Paneer 20gm  Vegetable 150+200 gm sabji	Soya granules 50 gm + besan vegetable chilla  With chana dal chutney
10-10.30	Milk 100ml turmeric		